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CCTV compulsory at tourist resorts and hotels

A new document introduced on Monday, which re-classifies the types and categories of tourist accommodation also states that all resorts and hotels around the country must be equipped with CCTV security surveillance systems or security guards. (See Page 5)

Mini-tornado tears through Santarém

On Wednesday morning a mini-tornado tore through Amiais de Baixo, in the region of Santarém. A spokesperson for the Weather Institute confirmed receiving reports of damage caused by the unexpected phenomenon. (See Page 7)

FC Porto champions

FC Porto have won the Portuguese Super Liga title after hammering Estrela da Amadora 6-0, making it the earliest victory of the league in 35 years. (See Page 72)

Seven day weather outlook

Lisbon: The rain will stay away this weekend, but will return next Tuesday after a number of cloudy days. Thermometers will drop to 18° and 19°. **Faro:** The Algarve will see the sun return this weekend, with temperatures topping 20°. There is a slight chance of rain in the middle of next week. **Oporto** will not enjoy the same fortune as cities further south, with Sunday the only forecast not to record any rain over the coming seven days.

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Eriksson's multi-million euro Algarve sport complex loses special government status

SVEN'S ALGARVE PROJECT ON ICE



Former England manager Sven Goran Eriksson learnt this week that his dream of building a state-of-the-art sports facility in Lagos had suffered a near fatal blow when the government announced it had withdrawn the special dispensation awarded to the project back in 2006, apparently due to squabbles over real estate. Plans to build the resort, expected to eventually cost in the region of 100 million euros and which would create more than a thousand permanent jobs, are now on hold, though a representative of the current Manchester City boss is confident the complex will still be built.

Lagos City Hall was this week informed by the Agency for Foreign Investment and Trade that the so-called 'Eriksson Project' had lost its status as Project of Potential National Interest (PIN). This status is only granted in special circumstances, where planning laws present obstacles in the conclusion of a project considered to be of national interest.

José Viegas, a promoter of the project, explained that the loss of the PIN status was largely due to the inability to agree terms with landowners, despite them having reportedly signed a promissory contract for the sale of the land required to build the resort.

He added that the consortium led by the Swede, who owns a

Sven Goran Eriksson during the Premiership match between Everton City and Manchester City at Goodison Park, Liverpool in January. (Photo: EPA/Lawrence Looi)

Sven, see p.18

Portugal concerned over Tibet, Zimbabwe



Portuguese Foreign Minister, Luís Amado has urged China to open talks with the Dalai Lama over Tibet to smooth the countdown to the Olympic Games and the international community to keep its eyes on the election controversy in Zimbabwe.

Luís Amado, speaking to journalists this week during a visit to the United Arab Emirates, said "dialogue between China and Tibet" would have a "positive impact" internationally and likely ease "tensions" surrounding final preparations for the Olympics in Beijing.

"The option that best serves the interest of the international community is the creation of conditions for the games to occur with normality", he said, referring to boycott calls over the Chinese security crackdown in Tibet and demonstrations accompanying the ongoing round-the-world relay of the Olympic torch.

Questioned on the post-election controversy in Zimbabwe, Minister Amado said the situation "worries" Lisbon, describing

it as "bad for Zimbabwe and bad for the (southern African) region".

He urged the international community to "maintain vigilance" to help avoid "violence and tragic consequences" in the showdown between President Robert Mugabe's regime and opposition forces that claim victory in the March 29 legislative and presidential polls.

Regional organisations, like the Southern African Development Community (SADC), he said, have "decisive words" to speak in the crisis.

Pre-election, SADC-sponsored mediation under South African President Thabo Mbeki had already had a positive impact as evidenced in the opposition's electoral gains, he added.

TPN/Lusa



A blind beggar plays his guitar in front of graffiti supporting MDC leader, Morgan Tsvangirai, in Harare, Zimbabwe, 9 April 2008. Zimbabwe is still waiting for the official results of the March 29 presidential elections to be announced. EPA/STR

Cocaine seized at Lisbon airport

Almost fifty kilos of cocaine were seized by Lisbon airport customs officials from four passengers who had arrived from Brazil on Wednesday afternoon.

Aged between 24 and 44, the four suspects, three

Spanish citizens and a Bulgarian, were on an inbound flight from Brazil.

According to reports the prohibited substance had been spread amongst their luggage and in total was enough to be divided into 500,000 individual doses.

Skies the limit for mobile phones

As TAP prepares to initiate its six-month experimental period for the in-flight usage of mobile phones, the European Commission this week introduced rules to harmonise conditions for the take-off of pan-European mobile communication services on aircraft.

Beginning this month and lasting at least for the next six, national Portuguese airline TAP will allow passengers to receive and make phone calls on their mobile phones as well as text messages, whilst the aircraft is in flight.

Should the experimental period prove successful, in-flight mobile

phone usage will become a fixture on all TAP flights.

For now the test is being carried out on one single, mid-haul aircraft, with passengers being told by the captain when they can switch on their phones.

Air France also announced this week that their in-flight phone call, sms and e-mail service had commenced after successfully completing their test phase.

However, TAP will pioneer in installing the purpose-designed equipment to allow this service as Air France's aircraft, airbus A318, are built including the system from scratch.

Allowing passengers to use mobile phones on aircraft has been long-debated. It is estimated that 92 per cent of all business travellers carry their phones with them, as do 81 per cent of tourists.

Around 54 per cent of all business passengers said they would use their phone whilst on board if they could, as opposed to 41 per cent who said they enjoyed relaxing whilst flying.

Charges would be stipulated by each passenger's respective mobile phone operator, available to all as long as a roaming service is activated.

However, the European Commission has this week introduced rules to harmonise conditions for the take-off of pan-European mobile communication services on aircraft. It considered "in-flight mobile telephony needs a regula-

tory 'one-stop shop' to operate throughout Europe; one regulatory decision for all European airspace is required" said Viviane Reding, the EU's Telecoms Commissioner.

"Now we expect operators to be transparent and innovative in their price offerings. In-flight mobile phone services can be a very interesting new service especially for those business travellers who need to be ready to communicate wherever they are, wherever they go", adding: "However, if consumers receive shock phone bills, the service will not take-off".

She also called on airlines and operators to "create the right conditions on board aircraft to ensure that those who want to use in-flight communication services do not disturb other passengers."



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Distributed nationally by VASP

Member of apct

The Portugal News is owned and published by:
The News Group of Newspapers Inc. Depósito Legal Nº 80258/94
Printed by: MIRANDELA Gráfica, Lisbon
Print Run (Tiragem): 24,340

Publisher: Paul Luckman publisher@the-news.net
Editor: Brendan de Beer newsdesk@the-news.net
Production: Madeline Luckman copy@the-news.net
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Speaking earlier this week as Leicestershire police began questioning witnesses at the request of their Portuguese counterparts, the McCann family spokesman confirmed Kate and Gerry had been approached to participate in a reconstruction of the events leading up to the disappearance of Madeleine.

Clarence Mitchell confirmed the McCanns are considering a return to Portugal, but that it is "very unlikely" they would agree to return while they were still under investigation.

Earlier this week, Portuguese police refused to confirm reports that they have requested Kate and Gerry McCann return to Portugal in May to participate in a reconstruction of the night their daughter disappeared. Commenting from the Lisbon headquarters of the *Polícia Judiciária* detective agency investigating the case, a police spokeswoman told **The Portugal News** they would only

comment should there be a "significant" development in the case.

She admitted that the press office in the Portuguese capital has been under strict orders not to make any comments to the media since Paulo Rebelo took over the case from Gonçalo Amaral.

The latter was removed from the investigation last October after he publicly criticised the McCanns' campaign to find their daughter.

Meanwhile, Gerry McCann on Thursday ruled out a return to Portugal at the beginning of next month.

He confirmed that the couple would not be returning to Portugal on May 3rd to mark the one-year anniversary of Madeleine's disappearance from an apartment in Praia da Luz.

The McCanns had been in Brussels where they called for a US-style amber alert system for missing children in Europe.



British couple, Gerry and Kate McCann, whose daughter Madeleine has been missing since May 2007 in Portugal, attend a meeting of the European Parliament in Brussels on the prospects for setting up a Europe-wide alert system for cases of child abduction, Thursday 10 April 2008. EPA/BENOIT DOPPAGNE BELGIUM OUT

American tourists to Portugal up 20 percent in 2007



During 2007, Portugal recorded a 19.9 percent jump in the number of American tourists arriving here. This comes on top of a 19 percent increase in 2006 when compared with the previous year. These big increases come despite the fact that U.S. dollar has fallen to new lows against the euro.

Portugal's National Institute of Statistics (INE) have revealed in a press statement that 23 million people visited Portugal last year, an increase of more than five percent in relation to 2006. But the rise in American tourists went from 204,000 to 244,000 - the third largest increase by any single nation. French and Swiss visitors were up by 23 percent and 28 percent respectively.

This follows another large increase of American visitors in 2006 over 2005 of just under 20 percent - confirming a trend that Americans are coming to Portugal in much bigger numbers.

Portugal is the closest nation in continental Europe to the U.S. It is easy to get to, and represents one of the best values in Western Europe for the American traveller.

The Portuguese National Tourism Office in New York attributes this success to two main factors. In the last two years the

number of direct flights to Portugal from the U.S. increased by 30 percent, as airlines have increased capacity to meet demand.

And as the dollar fell from near parity with the euro to around \$1.60 to the euro, American travellers have seen that they can still get value in Portugal.

But a new study by Hotels.com showed that the average room rate in Portugal was one of the lowest in Western Europe.

Just this year MSN Travel named Lisbon top among its top ten Affordable European Cities. Sherman's Travel ranked Lisbon third on its list of "Top 10 Places to Go in 2008-Before the Crowds Do", and The New York Times listed Lisbon as the second best place in its list of '53 Places to Go in 2008.' The Yahoo Travel Guide said that Lisbon is the "last affordable European city and was our top mover in 2007."

According to Luis Moura, the

new Managing Director of the Portuguese National Tourism Office in New York City, this is a turning point for Portuguese tourism.

"The increase in visitors is tied to an increase in the quality of Portugal's tourism industry," he says.

His team is poised to focus on the 100 new hotels and resorts due to open across Portugal in the next two years, and the world-class reputation for quality that Portuguese tourism has earned.

Moura is overseeing an approach that focuses on specific markets, and matches unique Portuguese products and ideas with the right U.S. segments - all to build a stronger brand.

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FM Amado visiting Gulf region to boost relations



Foreign Minister Luís Amado in Parliament last year. (Photo: Lusa / Mário Cruz)



Foreign Minister Luís Amado began a trip to the Gulf states in Saudi Arabia at the weekend to boost Portugal's political relations with the pivotal oil-producing region with an eye on increasing Lisbon's economic and cultural links.

In Riyadh, the first leg of his tour, Minister Amado announced Sunday that President Aníbal Cavaco Silva would pay a state visit to Saudi Arabia later this year and that the Saudi foreign minister, Prince Saud Al-Faisal, would travel to Lisbon, likely in October.

Luís Amado said his talks with King Abdullah Abdelaziz and with Prince Al-Faisal in Riyadh confirmed the "respect" and "a certain sympathy" the kingdom held for Portugal.

"It is our intention to take advantage of this positive image our country has here to stimulate re-

lations between Portugal and all the countries of the region", he said.

Amado described his visit to the country as aimed "to develop political relations that should serve, above all, to intensify relations on economic and cultural levels during the coming years". *TPN/Lusa*

Portuguese-speaking states plan bolstered cooperation

Portugal's interior minister urged his Lusophone counterparts at a meeting Tuesday to bolster multilateral cooperation in fighting trans-national crime and terrorism and in facing the challenges of natural disasters, the Lusa News Agency reported.

Rui Pereira told a news conference the two-day meeting of interior ministers from the Community of Portuguese Language Countries (CPLP) signed a joint declaration in Lisbon to set up coordinating bodies at the ministerial and senior police levels to boost anti-crime cooperation among the eight member states.

"The new framework of challenges and threats to internal security is set in a trans-national context, thus requiring a joint response from our states", Pereira said.

Lisbon's internal administration minister also stressed the need to create what he called a multilateral "tool box" of resources and mechanisms to help CPLP members jointly deal with civil defence crises during major natural disasters.

The Lisbon-headquartered bloc binds Portugal and Brazil to Lisbon's five former African colonies and East Timor.

Public development aid shrank 9 percent in 2007 - OECD report



Lisbon's public development aid shrank by more than nine percent last year, ranking Portugal among the donor countries showing the biggest reductions, the Organisation for Economic Cooperation and Development.

The OECD report, covering more than a score of member countries, indicated Portuguese public development aid in 2007 decreased 9.4 percent, more than any other except for Britain (-

29.1 percent), France (-15.9 percent) and Belgium (-11.2 percent).

"Excluding the pardon of foreign debt, aid grew in these countries with the exception of Por-

tugal and the United Kingdom", the report said.

In terms of GDP, Portuguese public development aid last year shrank to 0.19 percent, down from 0.21 percent in 2006, the lowest percentile for the group apart from Greece at 0.17 percent.

In response to this report, Lisbon's number two diplomat said Portugal's government should allocate more funds to overseas aid in its 2009 state budget.

João Gomes Cravinho, state secretary for foreign affairs and cooperation, told the Lusa News Agency: "The 2009 state budget must have a reversal of the trend for reduction" of state development aid outlined in the report from the Organisation for Economic Cooperation and Development (OECD).

In recent years, Lisbon's Socialist government has prioritised the reining in of Portugal's budget deficit to within eurozone limits, noted Gomes Cravinho, but other countries with similar fiscal disparities have managed to maintain relatively high aid spending.

"The focus on improvement of public accounts consigns other objectives to the background. But other OECD states with the same problems have higher levels of state development aid."

The boosting of Portugal's overseas aid contribution next year is the "concern of all the government", including the Lisbon Finance Ministry, said Gomes Cravinho, and it now falls on Prime Minister José Sócrates to ensure cabinet consensus on the issue. *TPN/Lusa*

French reintegration of NATO military structure 'good news', says Sócrates

Portugal has welcomed France's decision to re-integrate NATO's military structure next year, describing the move as "good news" for the alliance.

President Nicolas Sarkozy formally announced Paris' decision late last week at the NATO summit in Bucharest, Romania.

On arriving in the Romanian capital last Wednesday for the alliance meeting, Portuguese

Prime Minister José Sócrates applauded the imminent action by France, saying it was "good news" that would "strengthen" NATO.

Sócrates said French participation in NATO's military structure as of 2009 would help the alliance face new challenges, namely the bolstering of trans-Atlantic relations between Europe and the United States.

France pulled out of NATO's military wing in 1966.

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Biggest-ever far-right trial begins

CCTV compulsory at tourist resorts and hotels

A new document introduced on Monday, which re-classifies the types and categories of tourist accommodation also states that all resorts and hotels around the country must be equipped with CCTV security surveillance systems or security guards.

Motels, inns, country retreats, bed and breakfast accommodation and other smaller lodgings will all have to be individually classified and will become one of three types of accommodation; hotel establishments, tourist resorts and tourist apartments.

Installing video-surveillance cameras is also suggested as optional for public areas surrounding the establishments though only for three, four or five star accommodation.

Eldérico Viegas, head of AHETA – the Algarve Association for Hotels and Tourist Resorts – has said the legislation “is not clear” concerning video-surveillance in tourist accommodation, a matter that gained particular relevance following the Madeleine McCann case.

One of the major points Eldérico stressed was that “it is unclear if someone has au-

thorisation to install video surveillance if they are therefore dispensed of having security guards for the same area”.

According to the new document, which has been signed and approved by state ministers, but awaits official publication, after which it becomes compulsory with immediate effect, 24-hours vigilance is mandatory for five star accommodation, and 12 hours at night in three and four star establishments.

Decree-law number 39/2008, further simplifies the licensing of tourist establishments, as the number of stars attributed will not be based only on the physical requirements and aspect of the establishment, but will also reflect on the quality of services rendered.

The list of requisites to be met has been narrowed down, though a new set of optional requirements has been put forward to stimulate competition.



Members of the National Renewal Party (PNR) and other far right extremists during the first hearing at the Monsanto court where they stand accused of numerous acts of racial discrimination. (Photo: Lusa / Manuel de Almeida)

The trial of 36 Neo-Nazi members of the Hammerskin Nation organisation commenced on Tuesday, with the activists facing charges including racial hatred, illegal firearms possession, kidnapping, assaults, and spreading far-right propaganda.

The three dozen members of the skinhead gang, arrested a year ago in a major police swoop netting guns, ammunition and explosives, made their first appearance amid tight security before judges at the Monsanto court, just outside Lisbon.

Among those in the dock is Mário Machado, a leader of the far-right gang who has already served a four-year jail term for participating in a 1995 attack that killed a Portuguese citizen of Cape Verdean descent.

The skinhead leader has been

in preventive detention since his arrest last year.

Most of Machado's co-defendants were placed under strict bail conditions, including electronic tagging, ahead of Portugal's biggest-ever far-right trial.

TPN/Lusa

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French First lady Carla Bruni Sarkozy (C) walks behind Ingrid Betancourt's ex husband Fabrice Delloye (R) at Opera, in Paris on Monday, during the Marche Blanche (White March) for the liberation of hostages who are currently being held in Colombia. Thousands of demonstrators paraded through the streets of Paris demanding FARC to release Ingrid Betancourt and the other hostages. (Photo: EPA/Horácio Villalobos)

US-Portuguese groups ask Sócrates to press for release of guerrilla hostage in Colombia



More than 30 Portuguese community organisations in the United States have appealed to Prime Minister José Sócrates to use his upcoming visit to Venezuela to press for the release of a Portuguese-American held captive for five years by leftist guerrillas in neighbouring Colombia.

The US-based organisations delivered a letter with their appeal to the Portuguese consul in Newark, New Jersey, late last week. Praising the initiative, Consul Francisco Azevedo promised the letter would reach the "proper hands" in Lisbon.

Sócrates is to meet with Venezuelan President Hugo Chávez, considered to be a key intermediary with Colombia's FARC

rebels, when he visits Caracas later this month.

Portuguese-American Marc Gonçalves was taken hostage by the leftist FARC guerrillas in February 2003, along with two other US citizens who worked for a US-financed anti-cocaine project.

The trio was kidnapped after their surveillance plane crashed in rebel-held Colombian territory and the guerrillas executed the two-man crew. *TPN/Lusa*

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Improved traceability of explosives in EU

As one of a series of measures to help combat terrorism, the European Commission has adopted measures to strengthen the control of explosives for civil use, for instance in the mining industry.

To prevent theft and to ensure that any thefts or losses are quickly detected, a new EC regulation requires unique labelling of explosives throughout the EU.

In addition, manufacturers, traders and users will be required to tighten recordkeeping and stock

management. This will make it easier to trace the origin of lost or stolen explosives and to quickly establish whether persons holding explosives are doing so legally and what the itinerary of the explosives has been.

Commission Vice-President Günter Verheugen, re-

sponsible for enterprise and industry policy, said: "While the usefulness of explosives in a number of economic activities is not in question, the possibility of their diversion and misuse needs to be reduced. This is a welcome development and will improve the security of our citizens."

EU takes Portugal to court over social rules on road transport

The European Commission has lodged proceedings against Portugal for failure to comply with European social legislation relating to road transport activities. Greece, Italy and Luxembourg were also charged with similar offences.

According to the EC, Portugal has not communicated their national measures transposing a commission directive on the implementation of European social legislation relating to road transport activities.

Member states had to adopt the necessary legislation before 1 April 2007.

Proper transposition of the directive provides that the number of checks on compliance with social rules on driving time and rest periods progressively increases from currently one percent of the total days worked to two percent in 2008 and to three percent in 2010.

Moreover, it requires a minimum of six joint checks between

enforcement authorities of different member states each year, a better coordination and cooperation between enforcement,

joint training programmes, standard equipment levels and the establishment of electronic information exchange systems.

Odemira money forgers convicted

Odemira courts last Wednesday sentenced the five main suspects of a US dollar forgery network to prison with sentences ranging from three to six and a half years.

The highest penalties were given to the two men considered to be the ring-leaders of the group: Joaquim Silva and António Roque were sentenced to six and a half and five years in jail, respectively.

The other three defendants, Rui Alves, Joaquim Oliveira and Luís Silva were handed suspended sentences of three and a half years each.

The decision was announced four months after the trial began.

The forgery group included 13 members that were caught with the equivalent of almost €8 million in counterfeit money, one of the largest quantities ever apprehended in the world to date.

Parking attendant takes Oporto Mayor to court



An Oporto parking attendant is in the midst of legal action against Oporto City Hall after the council's free magazine published a picture of him whilst working, allegedly without asking permission. Angered by the negative connotations generally associated with parking attendants, the individual is suing the City Hall for defamation and illicit photography.

In the picture the attendant, 53-year-old Carlos Moreira is being given a coin by a driver. His face is partially covered by a hat.

Even so, he claims he has been the subject of verbal abuse following the publication of the picture late last year, and due to the picture and the job's connotation, with drug abusers.

Oporto Mayor Rui Rio was heard in the DIAP courts this week as part of the case.

"Today I have been heard as a suspect after a photograph was published in the Oporto City Hall's free publication, *Porto Sempre*, of a parking attendant who has his head buried in a hat so far it reaches his nose, and there is no way he could be identified", explained the Oporto Mayor.

He continued, "If any crime

has been committed here, I am indeed responsible, and I am here to face up to my responsibilities. But we must decide whether publishing a photograph to complement an article about attendants in which one, amongst others, appears with his face partly covered is a crime".

Carlos Moreira, in turn, retorts by explaining the alleged damaging effects seeing him accept a coin has had on his reputation. "After the photo was published I had people coming up to me to ask if the coin was for drugs", he claims.

Reports state Carlos Moreira is asking for compensation totaling hundreds of thousands of euros, taking into account the 150,000 copies of the magazine that were freely distributed.

Mini-tornado tears through Santarém



Villagers view the outcome of the tornado in Alcanena on Wednesday. (Photo: Lusa / Paulo Novais)

On Wednesday morning a mini-tornado tore through Amiais de Baixo, in the region of Santarém. A spokesperson for the Weather Institute confirmed receiving reports of damage caused by the unexpected phenomenon.

According to the commander of the region's Civil Protection Authority, "a small tornado formed at around 09h07, in the

Amiais region".

Six injuries were reported, along with fallen trees, blocked roads, and localities that had been left inaccessible.

A source from Santarém's Civil Governor's office further reported that whilst it started in Amiais, the tornado "swept in a straight line for 15 kilometres to Zibreira (Torres Novas), where

it eventually diffused".

The recent spell of bad weather was felt most in Pernes, Amiais de Baixo and Santarém, Vibreira (Torres Novas) and Vila Moreira (Alcanena).

Of the six injured individuals, three were taken to Santarém's district hospital, others being treatment on the spot by INEM National Medical Emergency Re-

sponse units or local fire brigades.

INEM sources said that many roof tiles had been dislodged by the tornado, more specifically in a hard-to-reach industrial area.

In Alcanena, 28 firemen, nine vehicles including ambulances, three INEM vehicles, an INEM helicopter and a catastrophe intervention unit, were called out to assist in the aftermath.

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Lusophone Olympic committees opposed to attempts to boycott China games



Policemen catch a protestor who tried to stop the Beijing Olympic torch relay with a fire extinguisher in Paris on Monday. Hundreds of pro-Tibetan protestors disrupted the Paris relay of the Beijing Olympic torch, clashing with police and twice forcing torchbearers to extinguish the flame and take refuge on a bus. (Photo: EPA/Patrick Kovarik)

The Olympic committees of the eight-nation Portuguese-speaking Lusophone bloc have expressed "solidarity" with their Chinese counterpart and denounced any attempt to boycott the Beijing summer games over China's crackdown in Tibet.

"We repudiate any attempt that aims to mix sports and politics", the association of Lusophone Olympic committees, known by the acronym

ACOLOP, said at the weekend after a meeting in Beijing.

ACOLOP also underlined its "solidarity" with the Chinese Olympic Committee, the summer games' organiser.

The association also announced that athletes from the Community of Portuguese Language Countries (CPLP) would train in Macao, sharing the same hotel, ahead of the games in Beijing.

Officials from the eight Lusophone Olympic organisations also discussed preparations for the holding of the next Lusophone Games in Lisbon in July 2009 and expressed support for Brazil's bid to host the 2016 Olympic games.

Spanning four continents, the CPLP binds Portugal and Brazil to Lisbon's five former African colonies and East Timor.

TPN/Lusa

East Timor president suggests he may resign

President José Ramos Horta, critically wounded in an assassination attempt two months ago, indicated this week in a published interview that he might resign before the end of his five-year mandate.

"I will address parliament when I return" to East Timor from convalescence in Australia "and I will not promise to fulfil the mandate until the end", newspaper The Australian quoted the Timorese leader as saying in Darwin.

"Personally, however, I'd like to be a simple citizen and write my book without worries", he said, recalling that he was a reluctant candidate when he ran in and won the presidential election last year.

He said interim President Fernando Araújo, who assumed the role of acting head of state after Ramos Horta was seriously wounded by rebel soldiers in Dili on February 11, had won "appliance from all" and passed the "critical test" of leadership.

"I am relaxed because now I know that if I resign there are one or two who could fill the post", The Australian cited Ramos Horta as saying.

No date has been announced for his return to Dili from convalescence in Darwin, but several state and security officials told Lusa they were "working on the basis" Ramos Horta would return on April 17.

In another development, UN sources in the United States told Lusa Tuesday, that the Security Council would meet Thursday in New York to discuss the situation in East Timor.

In February, shortly after the double assassination attempts against the president and Prime Minister Xanana Gusmão, the Security Council approved the extension of the UN mission in the country for one year.

TPN/Lusa

LUSOPHONE WORLD IN BRIEF

Luanda beauty wins Landmine pageant

First Lady Ana Paula dos Santos has crowned Luanda's Augusta Úrica as Angola's Miss Landmine Survivor in a debut contest aimed to raise public awareness of the plight of thousands of landmine victims. Úrica won the beauty pageant Wednesday over 17 other candidates, each representing one of Angola's 18 provinces. She said she would share her US\$1,500 prize money with her rivals and hoped in future to help other landmine victims escape lives of begging on city streets.

Restoration of first Portuguese Indian Ocean fort gets underway

The first phase restoration of the 16th century Portuguese Fort of St. Sebastian on Mozambique Island kicked off this week and should be completed within 10 months, according to a spokesman for construction firm Teixeira Duarte. Built in 1507 as the first Portuguese Indian Ocean fortress, St. Sebastian is the key monument on Mozambique Island, which was declared a UNESCO World Heritage site in 1991.

Extradited al Qaeda killer flees court

A suspected al Qaeda member on trial in Mauritania for killing four French tourists, who was extradited from Guinea-Bissau in January, has escaped from a courthouse in the Mauritanian capital, Nouakchott, media reported last Thursday. Sidi Ould Sidna, one of two Mauritians on trial for gunning down the French nationals last Christmas Eve, fled the court building after being given permission by guards to use the bathroom, Radio France International said.

UN told to close its Angolan human rights office

The Angolan government has ordered the UN's human rights office in Luanda to close by the end of next month, officials said.

EU gives Cape Verde €1m for farming

The European Union is providing a million euros for agricultural projects on Cape Verde's islands of Santo Antão and Brava, officials said. Half the EU funds will be for the training of farmers, and fund schemes to boost agricultural production on Santo Antão, said Minister for the Environment and Agriculture, Madalena Neves.

16 Mozambicans dead in SA bus crash

All but two of 18 people killed when a bus crashed last Thursday in South Africa were Mozambicans, Maputo officials said. DNA tests were being used to identify the victims, whose bodies were burned beyond recognition after the vehicle's wreckage burst into flames.

Azores govt chief visiting Cape Verde for cooperation talks

The leader of Portugal's autonomous Azores Islands begins a week-long visit to Cape Verde at the weekend at the head of a senior business delegation from the mid-Atlantic islands. Carlos César, president of the Azores regional government, is expected in Praia on Sunday for cooperation talks with Cape Verde officials in areas including trade, the economy and the environment.

UN peacebuilding commission arrives in Bissau to finalise support plan

A delegation from the UN Peacebuilding Commission arrives Sunday in Guinea-Bissau to put the finishing touches to a programme intended to bring further stability to the coup-prone West African country, officials said.

Standardisation of goods categories

Senior customs officials from the CPLP (Community of Portuguese Language Countries) began a meeting on Monday on ways to harmonize services and goods classification within the Lusophone bloc. Guinea-Bissau's finance minister, Issuf Sanhá, opened the conference with praise for the recent translation undertaken by Portugal's customs services of the convention of the World Customs Organisation (WCO) into the CPLP's common tongue.

UN mission carrying out internal inquiry into alleged Timor security lapses

The UN mission in East Timor confirmed on Monday it has launched an internal inquiry into alleged security lapses by its police force in the February attacks by renegade soldiers against President José Ramos Horta and Prime Minister Xanana Gusmão. Ramos Horta, who was critically wounded in one of two attacks on February 11, and other Timorese officials have publicly criticised UNMIT and the Australian-led international force for alleged security lapses that opened the way for the assaults and slow reaction in responding to them.

Ex-spy to press for new trial

The imprisoned former chief of Angola's counter-intelligence service, Maria da Conceição, is "very debilitated" from a nine-day hunger strike and needs "urgent hospitalisation", her lawyer said this week. Conceição began a hunger strike on April 1 to press for the convening of a military court to hear an appeal of her conviction last year on charges of "disobedience", Mendes said. The Supreme Military Tribunal sentenced Conceição, then serving as head of Luanda's counter-intelligence service, to 30 months for disobedience last September in a case that also sent the chief of the intelligence service, General Fernando Garcia Miala, to prison for four years on a similar conviction.

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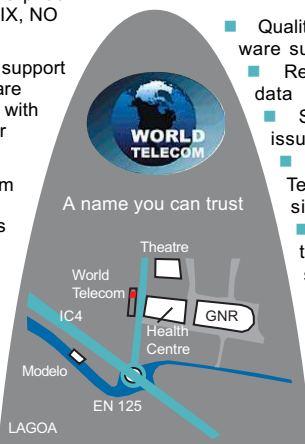
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Two Portuguese infected with Rio Dengue virus



A Portuguese man and woman who had travelled to Brazil in March have been confirmed as being infected with the Dengue virus, a mosquito-transmitted disease that is potentially fatal and currently a worrying, spreading epidemic, specifically in Rio de Janeiro.

The couple were infected with the disease after being bitten by a mosquito.

Medical officials guarantee the infected individuals do not pose a threat to public health and safety, nor is there any danger of them importing the disease to Portugal as it is spread only by mosquito, not between humans, and in Portugal there is no mosquito carrier.

According to officials the only mosquito in Portugal that could carry the Dengue virus exists in the region of Madeira, but not continental Portugal.

There is no known anti-virus for Dengue, though according to Ana Leça, of the National Health Board, there are "treatments that can reduce the symptoms".

In the Brazilian state of Rio de

Janeiro everyday there are 500 new cases of confirmed Dengue infections, which so far have caused 67 deaths.

Now a further six states are being considered by Brazilian authorities as "worrying"; the Amazon, Rondonia and Pará, in the North, and Rio Grande do Norte, Bahia and Sergipe, in the northeast.

Dengue symptoms normally appear between three and 14 days after being bitten by the mosquito and generally include headaches, muscular pains, fever, vomiting, blemishes, and, less frequently, hemorrhaging.

As there is no preventative vaccine against the Dengue virus, the best form of precaution is mosquito repellent.



People receive medical assistance at a field hospital of the Brazilian Air Force in Rio de Janeiro, Brazil, on Tuesday. The government of the Rio de Janeiro state announced new measures to reinforce the fight against Dengue Fever. (Photo: EPA/Marcelo Sayao)

Sex crimes triple over past five years

According to figures released by the Portuguese prosecutors' office (PGR), the number of cases relating to sex crimes against minors has tripled between 2002 and 2007, now counting an average 1,400 cases per year.

These figures were established through a report by the Institutionalized Child's Abuse and Sexual Commerce Protection Group, based on data supplied by the PJ police information unit.

It further states "the total number of crimes involving children and minors has risen between 2003 and 2007 by 628".

In 2007 alone, 561 cases of child abuse were instigated in the region of Lisbon, 23 more

than in 2006, and 27 more than 2005.

The group has described this trend as being "very worrying", given the "accentuated fall in victims' ages, which in some cases reported as being less than one year old".

Around 34.86 percent of cases involve some form of family relation between aggressor and victim, whilst the scene of crime in 46.14 percent of cases is the place of residence.

Another major concern is the distribution of child pornography on the internet.

In Lisbon, in 2007, 67 cases were investigated relating to child pornography, and nine missing children's cases caused by online contact were successfully resolved.

Four die in domestic and leisure accidents a day

A report published this week by the European safety agency Eurosafe shows that four Portuguese die daily from domestic and leisure accidents. In Europe 110,000 such deaths are recorded a year, with 1,665 having to undergo hospital treatment every day.

"What we consider to be safe and pleasant places can turn into potential death traps" refers the study, stressing that eight in ten accidents happen at home, at school and during leisure and sport activities.

At home, bathrooms, stairs and kitchens are the most dangerous places, especially for elderly and children.

Despite these alarming figures, Portugal is the second country with least deaths by this type of accident, registering only 14 deaths per 100,000 inhabitants, well below the average of all European Union countries (22).

After cardiovascular diseases, cancer and respiratory diseases, these types of accidents are the fourth highest cause of death in the European Union, and the highest when only the population under the age of 44 is analysed.

When studying accidents in workplaces, Portugal does not do

well. Between 2003 and 2005 an average of 323 people died a year and over 230,000 were injured.

Another worrying area is road accidents, Portugal being placed sixth in the countries with most road deaths with an average of 1,361 people losing their lives a year in all forms of accidents.

The safest country in Europe for deaths related to accidents is Holland. General Secretary of Eurosafe, Rupert Kisser estimates "over 100,000 lives could be spared yearly if all the countries in the European Union supplied the same level of safety as Holland".

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EU approves Heineken acquisition of Scottish & Newcastle assets in Portugal



Heineken CEO Jean-Francois van Boxmeer poses for media in front of a large Heineken sign before announcing the 2007 results of Heineken in Amsterdam on 20th February. Heineken announced that its net income fell to 807 million euros (\$1.2 billion) from 1.21 billion euros in 2006. Heineken said the profits fell after the EU fined the company for price fixing. Heineken beer is sold in 170 countries around the globe. (Photo: EPA/Erik Van 'T Woud)



The European Commission has approved under the EU Merger Regulation the proposed acquisition by the Dutch company Heineken of the businesses of UK-based brewer Scottish & Newcastle in Portugal, Belgium, Finland and the United Kingdom as it found that the transaction would not significantly impede effective competition in these markets.

Scottish & Newcastle (S&N) is a public company with interests in the production and distribution of beer, soft drinks and mineral water in a number of countries around the world. Its beer brands include Foster's, Kronenbourg and Grimbergen.

Heineken is active worldwide in the production and distribution

of beer and other beverages.

Its principal international beer brands are Heineken and Amstel.

On 25 January 2008, a consortium formed by Carlsberg and Heineken announced a public bid for the entire share capital of S&N. If the bid were successful, it would lead to the division of S&N between Carlsberg and Heineken.

EC to recover €83m in funding from member states, including Portugal

A total of €83 million of EU farm money unduly spent by member states has been claimed back as a result of a decision adopted by the European Commission. Portugal is among the cited countries.

The money will return to the community budget because of inadequate control procedures or non-compliance with EU rules on agricultural expenditure.

Member states are responsible for paying out and checking expenditure under the Common Agricultural Policy (CAP), and the Commission is required to ensure that Member States have made correct use of the funds.

Commenting on the decision, Mariann Fischer Boel, Commissioner for Agriculture and Rural Development, said: "We are working extremely hard to maintain the best possible control over farm spending. The Court of Auditors has noted considerable improvements in our control system over recent years and we are striving to make things better still. This is taxpayers' money and they have a right to know it is being spent wisely."

Under this latest decision, the 27th since the 1995 reform of the system for recovering unduly spent CAP money, funds will be recovered from Portugal, Czech Republic, Denmark, Germany, Ireland, Spain, France, Italy, Luxembourg, the Netherlands and Austria.

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Over 300,000 .eu web domains created in 2007

During the past two years, businesses, NGOs and EU residents have secured over 2.8 million European Internet identities, making .eu, at its second birthday last week, the fourth most popular 'Top Level Domain' in Europe, and the ninth worldwide.

"The creation of a trustworthy environment with a distinct European identity is at the forefront of my vision for Europe's inclusive Information Society", said Viviane Reding, EU Commissioner for Information Society and Media. "Early adopters of .eu understood its value, and have grasped the opportunity to promote their own pan-European outlook. It should now become the natural choice for everyone in Europe. The stronger Europe's single market for telecommunications grows, the more we ought to ensure that .eu becomes more visible, secure and affordable."

By the second anniversary of its launch, .eu had consolidated its place well among the 10 largest 'Top Level Domains' of the world, competing with long-established identities such as .com, .net or .org. Registrations for .eu domains have been continuously growing

following the first boom year. In addition, subscriptions for 80% of domain names have been renewed for their second year, which is a vote of confidence for .eu.

In terms of the total number of .eu registrations per country of origin, Germany continues to lead with 31.4 percent, followed by the Netherlands (13.4 percent), the United Kingdom (13.3 percent), France (7.3 percent) and Italy (5.1 percent).

In terms of growth, however, a different picture emerges. With overall growth at 11 percent for 2007, the number of registrations for .eu from Poland increased by 48.6 percent in 2007, followed by Lithuania (48.4 percent) and Finland (39.9 percent).

Actual usage and visibility of .eu also continues to be strong with almost 80 percent of registered names directing to a functioning website and/or email server.



And the winner is...the Mazda 2

The prestigious 2008 World Car of the Year award has been won by the Mazda2.

Beating 38 other contenders from all over the world, the 2008 WCOTY title was announced at the New York International Auto Show.

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"We are delighted that the 2008 World Car of the Year jury has chosen the all-new Mazda2 as their World Car of the Year," said Dan Morris, Mazda's senior managing executive officer in charge of Marketing, Sales and Customer Service.

"This is wonderful recognition which Mazda2 car owners and Mazda employees alike can celebrate worldwide."

"The all-new Mazda2 is exceeding our highest expectations, demonstrating it can compete and win against the best sub-compact cars in any market in the world." TPN/PA



Foreign credit cards being used more

The number of foreign credit cards being used by foreigners in Portugal is growing at a fast rate, last year representing more than 20 per cent of all dealings, having surpassed two million transactions per month.

Analysts are taking this trend as a sign of positive growth amongst foreigners who are in Portugal for holidays or business.

This phenomenon was picked up on by Unicre analysts, the main managers of Visa and Mastercard credit cards in Portugal.

According to Unicre last year

foreign tourists spent some 2.3 million euros on purchases in Portugal, nearly twice the amount being spent at the beginning of the decade.

These figures reflect that there is a substantial difference between Portuguese and foreigner consumers.

Unicre established that foreign consumers will spend on average, twice the amount on their credit card than the average Portuguese consumer, which is typically around €40.

The difference is usually more evident in restaurant and hotel related expenses, as well as being more heavily accentuated in the summer season.

Symington continues to conquer

After being elected Best European Wine Producer 2007 by the Wine Enthusiast magazine, Portuguese Symington Family Estates (who produce Graham's, Dow's, Warre's, Quinta do Vesúvio and others) have recently been awarded two more prestigious international titles, Best Wine Producer in the World, by Brazilian magazine Gula, and Best Portuguese Wine Producer, at the Berlin Wine Trophy 2008.

Gula is one of Brazil's most acclaimed magazines, dedicated to wine connoisseurs, which annually puts together a list of the 100 best wines from around the globe.

Based on tasting classifica-

tions that are carried out throughout the year, Gula recognized Symington Family Estates as the best wine producer of 2007, describing it as "one of the most enviable wine patrimonies on earth", and the most suc-

cessful brand "in the world of Port".

As a world competition, the Berlin Wine Trophy is part of Germany's largest wine event, the Berlin Wine Fair. This year, more than 1,000 wine producers

participated in the fair, which took place between January 4th and 8th.

The wines were assessed by a panel of 150 judges, choosing the Symington family's wine as the best of them all.

Zero percent capital gains confusion



In our last article (*The Portugal News*, 22 Mar 2008), we focused attention on how U.S. investors can take advantage of the reduced capital gains tax rates. In that article, we stated that single taxpayers with taxable income less than \$32,550 would pay 0 percent on Long Term Capital Gains in 2008 and married joint filers on less than \$65,100 taxable income.

Investors would need, however, to understand the relationship between short-term and long-term gains, especially since the latter gains are taxed at ordinary income rather than the lower favorable tax rates. Ok. But how would the 0 percent rate work in practice?

Smithy earns \$37,000 in 2008 salary. He sells stock for \$2,500 that he purchased in 2004 for \$1,000. He has no dependents and does not itemize. As a result, his Standard Deduction is \$5,450 and Exemption \$3,500. His taxable income, including the capital gain, is \$29,550 (\$38,500 - \$5,450 - 3,500). Since Smithy's taxable income is entirely within the 10-15 percent income tax brackets, the full \$1,500 capital gain qualifies for the 0 percent rate.

Jose and Elena file a joint tax return and claim an 18 year old dependent. In 2008, Jose receives

a \$50,000 salary and Elena \$15,000. The couple also has interest, rental and other ordinary income of \$4,500. In 2008 Jose and Elena sell a 40-acre parcel of land that they owned for 15 years for a gain on \$70,000. They have itemized deductions of \$13,500 and exemptions of \$10,500. Their taxable income, including the capital gain, is \$115,500 (\$139,500 - 13,500 - 10,500). The portion of the gain keeping Jose and Elena from the 25 percent bracket is \$19,600 (115,500 - 70,000 = 45,500; 65,100 - 45,500). This amount is taxed at 0 percent; the remaining \$50,400 is taxed at the 15 percent capital gains rate.

Nelson and Joanna file a joint tax return. He has a \$92,000 salary in 2008. She is a housekeeper. The couple has interest and other income of \$1,000. In 2008 they sold a residence for a gain of \$35,000. Nelson and his wife

have no dependents and will take the Standard Deduction. Does the residence qualify for the 0 percent rate? Their taxable income is \$110,100 (\$128,000 - 10,900 - 7,000). After subtracting the capital gain from the couple's taxable income, the result is \$75,100. Since this amount is fully within the 25 percent income tax bracket, none of the capital gain qualifies for the 0 percent capital gains rate. - NAPT

Barron Harper is a member of Albo Euro-Consult (www.albo.org), a consortium of chartered accountants and legal experts on the European continent, and the National Association of Public Accountants (www.natptax.com). He specializes in US International Taxation for American expatriates. www.taxbarron.com / taxbarron@yahoo.com / (00351) 91 935 9809.



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The Underpants of the Olympic Flame



The Olympic Torch passed through North London's Notting Hill Gate, England, 06 April 2008. The torch for the 2008 Beijing Olympics was carried by respected athletes and celebrities from Wembley Arena to the O2 Dome, passing China Town, Trafalgar Square, the Houses of Parliament and London Bridge, amid crowds of spectators. Demonstrations over China's human rights record and actions in Tibet were along the route and arrests were made. (LUSA/EPA/DANIEL DEME)

If I were the Chinese bureaucrat responsible for guarding the sacred Olympic Flame, the place I'd worry about most is Australia. It was there, just before the Melbourne Olympics in 1956, that a student pretending to be an Olympic athlete ran up to the mayor of Sydney and presented him with an "Olympic torch" consisting of burning underpants in a can nailed on top of a chair leg. He was gone before they realised it was not the real thing.

His intention was to mock this pathetic neo-pagan ceremony that was originally invented by the Nazis to spice up the 1936 Olympics in Berlin. The 1936 Olympics was Nazi Germany's coming-out party, so Hitler's people arranged for 3,442 racially pure Aryan runners to do a relay race with an "Olympic torch" along the 3,442-km. route from the Temple of Hera on Mount Olympus to the stadium in Berlin.

There had never been a torch connected with the original Olympic games in ancient Greece, and the revived Games got along without an international relay race just fine for forty years before the Berlin Olympics of 1936 — but if there was one thing the Nazis did well, it was propaganda. Leni Reifenstahl even made a documentary film about how the torch came from Athens to Berlin (and within five years Hitler's armies had occupied all the countries along the route).

This year's Olympic Games were supposed to be Communist China's coming-out-party, and the route is even more ambitious: twenty-one countries on all six inhabited continents. But that includes Australia, and I really wouldn't send the torch there if I wanted to preserve China's dignity. As England is the spiritual homeland of irony, so is Australia the world capital of mockery, and by the time the torch gets there (if it ever does) the Australians are going to feel challenged. It was burning underpants in 1956; what might it be in 2008?

The bar will have been set quite high by the time the torch reaches Canberra. After the propaganda triumphs for the "Free Tibet" movement in London, Paris and San Francisco the rain of humiliations for the Chinese regime may ease off for a while (although I wouldn't guarantee the torch an easy ride in Buenos Aires, either). But after Dar es Salaam, Muscat and Islamabad, where they don't care much about Tibet, comes New Delhi, where some people care a great deal.

There will be a lot of Tibetans in New Delhi, so the run there, if it happens, may resemble a low-intensity war. Bangkok, Kuala Lumpur and Jakarta may be quiet, but then comes Canberra, where Prime Minister Kevin Rudd has already said that the blue-track-suited Chinese thugs who have jogged alongside the torch-bearers in other countries to fend off protesters will not be allowed to operate.

The "thug" description is courtesy of Sebastian Coe, the chairman of the London Organising Committee of the Olympic Games, who was overheard on the phone saying that the organisers should "get rid of those guys. They tried to push me out

of the way three times. They are horrible....I think they were thugs."

It has become a nightmare for the poor, doomed Chinese bureaucrats who set this thing up: constant humiliations if they carry on with the planned route (which also goes through Tibet itself!) and utter humiliation if they cancel it.

For the moment, they are brazening it out. "The Olympic flame belongs to the people around the world," said Wang Hui, a spokesman for the Beijing Olympic organising committee, "so the behaviour of a few separatists would not gain sympathy from people and will cause strong criticism and is doomed to fail." So far, though, I haven't been hearing much criticism.

Never mind the silly torch, and the equally bizarre three-layer cake that is the actual Olympics Games of today. (An international athletics competition on the bottom, an orgy of nationalist self-congratulation in the middle, and a sickly-sweet pantomime of international love and brotherhood on the top.) What's actually colliding here are two irreconcilable views of the world.

For almost all Chinese, the turmoil in Tibet is a threat to national unity. Only in the past century have Tibet and the Turkish-speaking, Muslim province of Sinkiang come to be seen as a necessary part of that national unity, but they are now. Chinese propaganda insists that the local people support that consensus, but it makes no difference if they don't. They have to stay, because national unity is at stake.

For almost everybody else, China and Tibet is obviously a colonial relationship, and it's perfectly natural for the Tibetans to seek independence. They won't get it this time round, and they may never get it, but why would you be surprised that they try? Indeed, why wouldn't you support them?

Foreign governments will never support Tibet's independence, because they depend on China's trade and they value "stability" in China above all else. Foreign individuals are under no such constraints, and the interminable, multi-national Tour of the Torch is giving them a lot of opportunities to show their feelings. It isn't "anti-Chinese," just pro-Tibetan, but there will be much anger and many hurt feelings by the time this is done.

Gwynne Dyer' is a London based independent journalist whose articles are published in 45 countries

His new book, "After Iraq", has just been published in London by Yale University Press.



Gwynne Dyer.

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Third Tagus crossing confirmed



This week the government confirmed the third bridge to cross the Tagus river would be constructed between Chelas and Barreiro and would cater for both rail and road travel.

Announced on Tuesday in parliament the government de-

cided the Chelas/Barreiro crossing as the most favourable for rail

travel, for which it was initially intended, and that it is "viable and justifiable to combine a road crossing" with the future rail bridge.

This therefore dismisses the Beato-Montijo option, presented in a study by the Portuguese Industry Confederation (CIP) and transport specialist José Manuel Viegas.

The Chelas-Barreiro Bridge will cover 13 kilometres, seven of which are over the Tagus River, and will eventually accommodate a high-speed Lisbon-Madrid train, hoped to commence in 2013.

Initially estimated to cost around 1.7 billion euros, the bridge will have two high-speed train lanes, two lanes for conventional locomotives, and a six-lane road for vehicles.

It is hoped to relieve the 25 de Abril bridge of a hefty part of its congestion, with estimates pointing to some 66,000 vehicles per day using the Chelas-Barreiro alternative by 2017.



Studies conducted by RAVE (bottom) and TIS (above) for the new bridge due to link Chelas and Barreiro. (Photo: Lusa)

Million-euro revamp for riverfront

A mega revamp for downtown Lisbon set to take place in the near future will cost the government an estimated €166 million and target between Cais do Sodré and Santa Apolónia (Baixa Pombalina), Terreiro do Paço, Ajuda and Belém.

Around €51.6 million euros have been set aside for Cais do Sodré, Santa Apolónia, and a thoroughfaclift for Terreiro do Paço, whilst urban works around Ajuda and Belém have been divided into two phases; the first set to cost €86 million, the second an additional €28.4.

It is hoped all projects will be complete within two and a half years, in time for Portugal to cel-

brate the Republic's centennial anniversary. In 2009, with the dawn of new elections, the influence the renovations have on the way voters decide will also start to become apparent.

However, the €166 million quote seems to be causing some concern, considered by many to be on the 'low' side, as does the six month set back on the date from which works were supposed to commence, October last year.

The Government has admitted that, should the existing budget not be "sufficient" to cover the mammoth revamp, "it will be necessary to find another public source of financing".

First Climate Change Awareness Centre

The first Portuguese climate change awareness centre is to be located in Estoril at an estimated cost of €1.5 million and should be ready by October 2009.

The centre will have an earthquake simulator, a miniature model of Cascais that will recreate the effects of flooding from rising water levels and allow people to see the effects of the melting ice caps on fauna, flora and public health.

According to Cascais Mayor António Capucho the project is based on Al Gore's philosophy and he has great hopes of the initiative.

"It is about revealing and monitoring the evolution of the situation in Portugal, because climate changes are such an alarming problem and they can be noticed in little things such as wind changes on our coast", he said.

The centre will be located in one or two forts in Cascais, most likely Cadaveira and/or São Teotónio forts.

"We wanted to associate this future theme with equipment from the past and we decided on urban forts, where no environmental impact will be felt" explained Carlos Carreiras, Cascais Deputy Mayor.

He also added that the council, this month, will vote on a proposal for a university study about the effects of climate change in Cascais.

Sintra water deemed unfit for consumption

All 42 of Sintra's natural springs, main sources of water supplies, have been deemed unfit for human consumption by health and safety officials, who have recommended warnings be put in public places like fountains and wells where civilians can drink the water.

Thirty-eight of the 42 sources have in fact been classed as 'high risk' to human health, and are reportedly contaminated by faeces.

It is thought the origin of the contamination occurred when water came into contact with septic tank contents, via a burst pipe in the local municipal network, or through animal faeces that may have filtered into natural springs, in the countryside.

Many natural springs continue

to be used by locals to fill bottles and containers for domestic consumption. But the widely-accepted notion that natural spring water is healthier than municipal supplies is now being jeopardised by analyses carried out on samples from Pêro-Pinheiro, Sintra, Queluz and Algueirão-Mem Martins, all in the region of Sintra.

Researchers have been collecting monthly samples from between February 2006 and April last year, concluding that 87 per cent of samples showed traces of faeces above the levels permitted by law.

The possibility of chronic intoxication has not been dismissed either as traces of nitrate, nickel, lead, and magnesium were also found in the samples.

Four detained for carjacking

Lisbon PSP police have detained four men, aged between 16 and 19, for forcefully taking possession of a vehicle in Pontinha, Odivelas, after threatening its owner with a weapon.

Police sources say the crime took place last week on Rua Alfredo da Costa, at around 22h00, and that the "appropriate actions were immediately carried out" to intercept the vehicle.

It was eventually brought under police control after driving around the Avenida da Liberdade, Vale Pequeno

and Pontinha areas of the city.

Despite initially trying to flee, all four juvenile carjackers were chased by police and detained. At the wheel was a seventeen year old suspect.

Along with the vehicle – a Mercedes – and the four suspects, police further seized a bush-knife, thought to have been used to threaten the owner, two mobile phones, and a wallet with the owner's documents.

Both the car and the wallet were returned.

In related news, Lisbon po-

lice have also confirmed the conclusion of two criminal investigations into the trafficking of drugs, which had been ongoing for the past six months.

Police confirmed four suspects, aged 33, 34, 45 and 46, were successfully detained following eight house raids on properties in Cacém, Cova da Moura, Estrada Militar, Damaia and Damaia de Cima.

During the raids, drugs, including cocaine and heroin, guns, knives, and drug-making and packaging equipment were seized.

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More violence on Lisbon club doorstep



Elements of the police at 'Karma Café' on the Avenida 24 de Julho, where one man was stabbed, and another shot at around 1pm in Lisbon. (Photo: João Relvas / Lusa)

Following an increasing wave of violence that is affecting the country's nightlife, more unsettling events took place this weekend on Lisbon's Avenida 24 de Julho where one man was shot and another stabbed, just 400 metres from the Karma Café Discotheque.

According to police sources, a fight broke out inside the Karma Café just prior to the incident.

A call for help was made at around 13h00 in the afternoon, as the Karma Café operates as an 'after-hours' establishment, meaning it is open from the early hours to late morning, on weekends and bank holidays.

Police are now trying to verify whether the brawl that took place inside the venue is related to the stabbing and shooting, which happened a short distance from its doorstep.

Both victims were transported to the São Francisco de Xavier Hospital where they are reported to be in a stable condition.

Municipal Police seize four pitbulls and a rottweiler

Lisbon Municipal Police set up an Animal Control Special Brigade (BEFA) about a month ago to seize dangerous animals and so far they have taken in four pitbulls and one rottweiler.

BEFA officers have already inspected 187 situations related to animals, resulting in

ten cases where animals were removed from their owner's care, including five animals considered to be dangerous, and have issued 37 fines to people for not obeying the new law imposed recently.

BEFA was created at the beginning of January and all officers have had specific training in

dog breeds and animal legislation, starting to take action on the streets from March.

The animal control laws require owners to maintain standards such as correct documentation, leashes and muzzles, as well as the obligatory identifying chips for animals on public ground.

The officers also work with dog kennels and any citizen can contact the Municipal Police via e-mail, phone or letter who will then contact BEFA.

The police officers can approach animal owners directly in public areas and ask for all their documentation on the spot.



A Tale of Two Tickets

After 17 years of living in Portugal, I'm beginning to feel more at home here than I ever did in the USA. That's why I reacted so strongly when our monthly book club conversation drifted from discussing Doris Lessing's work to the Portuguese people. I felt my back tighten as one of the women, an ex-pat here of many years too, started in with the "we" and "they" comments.

"They never invite us over," she said. "They don't seem very open to foreigners," she repeated. "I don't even have any Portuguese friends."

Then someone else piped up. "Pat, do you have any of them as friends?"

"Sure, good ones," I answered.

Then I debated inside myself. Keep my mouth (and temper) in check or come to the defense of the people I've come to respect, care for and consider some of the gentlest

and kindest I've ever met? Instead of tackling the conversation head on, I decided to relate a recent experience which, I believe expresses the essence of the Portuguese...and what makes me feel so positive toward them.

Last Saturday evening I drove to Lisbon with two friends to see Madame Butterfly at the Coliseum. I'd purchased tickets for two of us a month before at FNAC. The third person was a visitor from the USA who got his ticket after he arrived. Actually I'd gone online to secure his seat and then we picked it up at FNAC as well. In case you haven't discovered one of the best ways to find out what's happening culturally in the country and then get tickets, go online to: www.ticketline.pt

On the website you'll see all types of events, you can locate your desired seat and then either pay and have the ticket delivered to you, or, as in our case, call the Ticketline number: 707 234 234 (They speak English.), reserve the seat you found on line (they are color coded to indicate where the seats are available or not) and pick it up at FNAC, or other locations, within three days. Amazingly you don't even have to pay until you get the ticket!

So there we were at the Coliseum entrance eagerly awaiting

Madame Butterfly. Due to a delay in finding a parking spot as well as unexpected traffic we arrived ten minutes late. Nevertheless, I saw others going into the theater as we came in and figured we would be able to as well. I reached into my purse, pulled out the red and black FNAC envelope and handed it to the smiling ticket taker. He looked at the tickets, then back to me and said (in English), "But these tickets are for the Cirque de Soleil on May 1, not for Madame Butterfly."

And then, feeling foolish and embarrassed, I remembered. I had purchased several sets of tickets at FNAC and must have picked up the wrong envelope. Immediately, I had visions of an improvised dinner in Lisbon instead of the long awaited opera, until the man said,

"Don't worry, this happens a lot. Do you remember what seats you had?" Luckily, I did remember as my visitor's seat was exactly one row behind the two on the tickets I'd left home, and he did bring his.

My embarrassment subsided and my faith in the kindness of the Portuguese surfaced as I realized he wasn't going to send us to the street. Minutes later he'd called the Front of the House Manager, who said to me,

"If it's OK I'll escort you all to a camarote (one of the private

Westheimer

boxes that line the top of the theater comfortably accommodating several people). He said that we could then move to the seats we had after Act I had finished."

But once the three of us had seen the first act from our plus seats and private surroundings we didn't want to move! The Manager knocked on our door and asked if we were ok. That was an understatement.

"If you want to stay here for the whole opera you can," he said. "YES," we chorused.

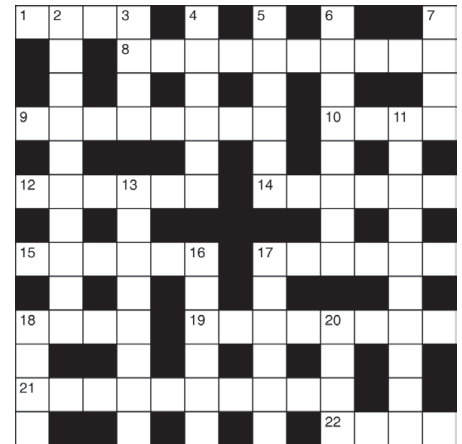
He popped in again after Act II to ask if we were enjoying the show. Imagine, he was interested in our well being when it was I who had forgotten the correct tickets.

So, dear book club friends, how can you contend that the Portuguese aren't kind, caring and open to the well being of foreigners? As we left, the one friend who lives part of the year in Paris commented that this courtesy would never have happened there. The other friend from the US said the same.

"I'm so glad I live in Portugal," I exclaimed, at the same time vowing to check my tickets more carefully before I leave the house the next time, just in case...

patwestheimer@gmail.com

The Portugal News Crossword No. 187



QUICK CLUES

ACROSS

1. Sepulchre (4)
8. Extra (10)
9. Clothes-cupboard (8)
10. Identical (4)
12. Paradise (6)
14. Yearning (6)
15. Pen (6)
17. Requisite (6)
18. Stigma (4)
19. Pose (8)
21. Dismal (10)
22. Indication (4)

DOWN

2. Decorative (10)
3. Minstrel (4)
4. Touch (6)
5. Road (6)
6. Plot (8)
7. Otherwise (4)
11. Deceptive (10)
13. Brave (8)
16. Astral (6)
17. Idea (6)
18. Alluvium (4)
20. Fling (4)

QUICK SOLUTIONS No. 186

Across: 7 Youth; 8 Refresh; 9 Albumen; 10 Erode; 12 Impediment; 15 Camouflage; 18 Learn; 19 Succour; 21 Culture; 22 Amiss.

Down: 1 Tyrannical; 2 Dumbo; 3 Sham; 4 Fringe; 5 Offering; 6 Recover; 11 Enterprize; 13 Mournful; 14 Amiable; 16 Listen; 17 Comic; 20 Clap.

su | do | ku

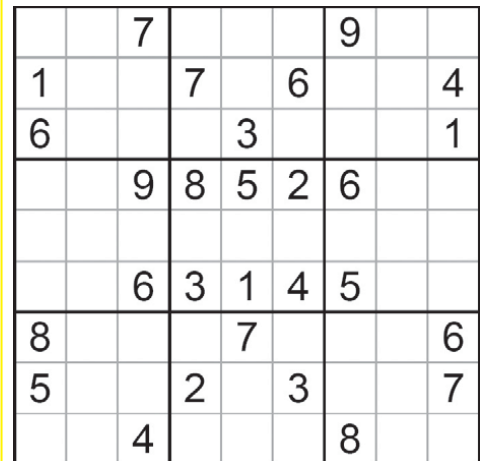
Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it.

There's no maths involved. The grid has numbers, but nothing has to add up to anything else.

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6	4	8	1	2	5	3	9	7
1	9	5	7	8	3	4	2	6
2	3	7	6	4	9	8	5	1
5	2	4	9	7	1	6	3	8
8	6	9	5	3	4	7	1	2
7	1	3	2	6	8	9	4	5
3	7	1	4	5	6	2	8	9
9	8	2	3	1	7	5	6	4
4	5	6	8	9	2	1	7	3

For **tips** on how to solve Sudoku puzzles, browse the **forums**, go to www.sudoku.com

Alvor home to new Barclays branch



Barclays bank opened a long-awaited new branch in Alvor on Wednesday 2nd April, doubling their number in the Portimão area.

Despite having opened on Monday 31st of March, Barclays decided to have the inaugural party last Wednesday so all interested parties could be present.

Located right next to Alvor's main roundabout, regional director Rui Paulo says Alvor was an obvious choice for the location of their new branch.

Having opened a Portimão branch one and a half years ago, Alvor gives Barclays a new area to work in, reaching a large international community and also

many residents.

Barclays have 14 branches spread throughout the Algarve, giving a personalised service to thousands of customers.

Rui Paulo, speaking to The Portugal News last week, said: "At the moment Barclays is a very different bank to the rest in Portugal, it is innovative and it is a bank that works for the client".

The Alvor branch will have four professional members working full-time and Rui Paulo as director.



Director Rui Paulo (left) and new office members of the Barclays branch in Alvor. (Photo: The Portugal News)

Algarve with highest per capita crime rate

Last year, the Algarve registered 69 crimes per thousand inhabitants, ending top of the table in Portugal's 20 districts.

A total of 27,336 incidents were registered by authorities in the Algarve alone last year, a 2.1 percent increase compared to 2006, with theft and road crimes being the majority of cases reported.

Setúbal jumped to second with 48 crimes per thousand, surpassing Lisbon.

Distributed geographically, there are six main districts where 71 percent of all crimes occurs in Portugal: Lisbon, Porto, Setúbal, Faro,

Braga and Aveiro.

When compared to the rest of Europe, Portugal is placed favourably with a ratio of 36.9 crimes per thousand inhabitants, as opposed to Sweden (141.6) or Finland (104.1).

As for the police ratio per citizen, Portugal is also well placed with 48,000 police officers, a ratio of 45 officers per 10,000 inhabitants. Cyprus (66) is placed first and Sweden (19) last.

Tourist figures down in March

In March 2008, most of the lodging units in the Algarve verified a decrease in several areas, despite others showing slight improvement.

Portimão, Praia da Rocha, Lagos, Sagres and Albufeira, all noted a fall in occupation figures, with Portimão/Praia da Rocha showing the largest fall of 17.3 percent compared to 2007.

On the other hand, Carvoeiro, Armação de Pêra, Faro, Tavira and Monte Gordo all registered an increase in lodgements, Carvoeiro topping the chart with 7.6 percent more people than last year.

For the Algarve as a whole, the average occupation per room was 61.2 percent, slightly below 2007's results (62.6 percent).

As per categories, resorts and

holiday apartments of three and two stars verified a 14.2 percent decline. The most important boost was noted in five star hotels and apartment/hotels with a 20 percent increase, and resorts and holiday apartments of five and four stars registering a four percent gain.

British people represented 32.9 percent of occupation, fol-

lowed by Portuguese (21 percent) and Germans (12.9 percent).

The total volume of sales rose 6.3 percent relative to 2007.

This year Easter was in March, if it had been at the same time of the year as last year, April, the values would have seen a bigger fall than those registered this year.

Taxi driver shoots Briton

An argument ended up in a violent episode after a taxi driver was called out to Vilamoura marina on 3rd April to pick up a British tourist who was reportedly under the influence of alcohol, and refused to pay his fee after reaching his destination.

At around 04h00 the taxi driver picked up the man, who it is claimed, had difficulty telling him where he would like be dropped off, the daily *Correia da Manhã*

reported.

After identifying the location, Aldeia do Golfe, north Vilamoura, the Briton fell asleep in the car.

The taxi driver says he had to physically shake the customer to wake him up when they arrived.

He informed him the fee was €7.00, €6.15 for the fare and €0.80 for the call out, but the customer refused to pay and started to walk away.

The taxi driver went after him and then the individual is

said to have turned around, coming towards him in an aggressive manner.

It was at that moment the taxi driver showed his gun to the man and fired two shots to the ground to scare him off. Undaunted by the gun, the man walked in the direction of the car, damaged the door with his fists and then threw himself on the driver, punching him in the face and ripping his shirt.

Whilst on the ground, the taxi driver shot the man twice,

allegedly in self-defence.

According to the driver, the reason he had to resort to a gun was due to the man's large build, "He must have weighed around 130kg and be about two metres tall".

Justifying the use of his gun he said "I am sure if I wasn't armed I wouldn't be alive to tell the story".

The victim of the shooting was shot in the leg and lower abdomen, but causing no damage to vital organs, the newspaper reported.

Lack of lifeguards in Algarve



A legal wrangle over the number of lifeguards at Algarve beaches is threatening to wreak havoc this summer, interest groups have warned this week.

Beach bar and restaurant owners, responsible for paying lifeguards, have this week said it is "silly" to have to have two lifeguards in each area.

Besides being hard to recruit young, capable people in the bathing season from June to September, those providing beach support say they do not have the funds to pay their lifeguards'

salaries.

Also, hiring professionals, whose salaries vary from €600 to €900 a month, is difficult they argue, as it is a seasonal job and very exhausting, with most people deciding to work at resort swimming pools.

In the Praia da Rocha area, only three of 16 concessions are open and in the remainder of the

beaches in the council, like Vau, Alemão, Praia da Rocha, Alvor, most concessions are still closed although there are already a lot of tourists in the area.

The cost of licenses, whether from June to September or for April, May and October, in the so called extra seasons, costs over €1,000 for each of the bathing periods.

Having to hire two lifeguards on top of that, and a third for their days off, is just unsustainable, says José Viegas, owner of a concession in Praia da Rocha.

Some concessions are not going to be able to open, leaving open spaces on beaches and as a result causing more danger, as opposed to the plan of making beaches safer.

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Only a month to the International Algarve Fair



Archive photo of crowds queuing outside the fair grounds, minutes before the gates were opened to the general public in September.

Don't leave it to the last minute to book your stand for the International Algarve Fair. Despite increasing the exhibition space by another 1,600 square metres, the choice of stands is now quite limited, but you can still exhibit for as little as €235. Based on last year's attendance, that's just a couple of cents per visitor, and that's a lot of people for a very small price. With every visitor flowing through the Pavilion, stands in this area are now almost sold out, the Arts and Crafts Area is fully sold out, as are all the restaurants in the Arena. Only one stand is now available in the outdoor Area B.

This May's International Algarve Fair will have the largest advertising campaign placed for any exhibition of its kind. In the course of the next week 5-me-



The public were happy with the variety of stands.

tre billboards will be on display in Almancil, Faro, Quarteira and Albufeira, with an additional one being placed in Lagoa the following week. A campaign on KISS FM and several other radio stations will start this Friday and this will continue up to the Fair date. Roadside banners and posters will be placed

two weeks prior to the show, and extensive advertising in *The Portugal News* will make this Fair the most high profile event ever staged.

Call the exhibition hotline on 282 380 317 to make sure your company doesn't miss this opportunity to talk to future and current customers

Loulé gets top award for environmental quality

In a ceremony that took place at the Cascais Cultural Centre earlier this week, State Secretary for the Environment João Ferrão awarded Loulé a diploma, medal and flag as a distinction for the concern and good practices towards susceptibility and environmental quality, in line with the ECOXXI.

ECOXXI is a project that was created in 2006 by the Environmental Education Foundation in Portugal, meeting the 'Local Agenda 21' principles (a programme that provides a framework for implementing sustainable development at local level), and its main objective is to raise councils' awareness for a bigger integration of environmental concerns in their policies. For instance supporting the imple-

mentation of environmental education to councils, motivating parishes in their role as partners and mediators in the environmental education process, recognising the initiatives/policies in developing the council and more.

Loulé was the council that presented the best results in the 2007/2008 ECOXXI, being attributed a diploma, medal and also a flag. The evaluation of the candidates was based on factors such as initiatives for the promotion of environmental education, employment of the Blue Flag campaign, the Local Agenda 21, air and water quality, the environment, nature conservation, biodiversity and landscape, among others.



State Secretary for the Environment João Ferrão awarded Loulé a diploma, medal and flag as a distinction for the concern and good practices towards sustainability and environmental quality, in line with the ECOXXI.

On Saturday 26th April 2008
The St. Andrew's Society will be
holding a Ceilidh at the Restaurante
Ponte Romana in Silves. Come and
enjoy a great Scottish evening.
Please phone Cathy on 919 635 246
as soon as possible

First Night of Passover festival

The Jewish community of the Algarve will be celebrating the First Night of the eight day Passover festival with a communal seder (dinner) on Saturday, April 19th. The reading the Hagada (story) is central to the festivities as the Elders relate the story of the Exodus of the Israelites from slavery under the Pharaohs in Egypt some 3000 years ago. This is done in response to four questions posed by the youngest present, about the significance of this festival. The reading of the Hagada is followed by a meal at which special foods, commemorating the

hardships of slavery, are eaten.

Pharaoh had decreed that all babies born in slavery were to be drowned in the river Nile. A mother placed her newborn infant son in a floating basket in order to save him and Pharaoh's daughter found this basket downstream. She brought the child up in the Royal court. The baby's name was Moses and he was chosen by God to free the Israelites from slavery. Moses, as a young man, was perturbed by the harsh treatment his people were receiving from the overseers and he pleaded with Pharaoh to allow them to leave Egypt.

When Pharaoh refused, God intervened and brought plagues down on Egypt. The tenth plague, viz. the visiting of the Angel of Death on all Egyptian first-born, caused Pharaoh to relent and agree to allow the Israelites to leave. The departure was so hurried there was no time for the bread they had prepared to rise and this unleavened bread is now called Matzo. To this day, Jews worldwide eat no leavened bread, but only Matzo during the eight days of the Passover. Despite agreeing to the exodus, Pharaoh reneged and sent his soldiers after the fleeing Israelites. At the Red Sea, Moses parted the water and the Israelites crossed safely, the sea closing again over the pursuing soldiers. The Israelites wandered in the desert for 40 years, in which time they received the Ten Commandments on Mount Sinai and entered the Promised Land of Canaan.

For further information, from Ralf Pinto, call 282 416 710, fax 282 416 515 or call 968 440 414.

Tavira triumphant

Last Saturday Tavira County Lawn Bowling Club hosted the Tavira Triples Trophy (TITS) for Lady Bowlers on the Algarve. Four teams entered the competition, which was sponsored by Intermarché (São Brás de Alportel).

Each team played two games in the morning session and a final game following a break for lunch. The games were competitive, but played in a friendly spirit with Tavira coming out the winners and the team from Alvor, runners up. President of

Tavira, Nick Purkis presented the prizes and the TITS Trophy to the Tavira Team of Kate Hewitson, Chris Wright, Lorraine Freeman, Myra Humbleby, Di Turner and Sandie Watling.

Next Saturday, April 12th, the men will battle it out at Tavira in the Tavira Men's Triples Competition (RATS). The first and second placed teams will then play the Ladies from Tavira and Alvor in a 'Battle of the Sexes' match on Monday May 5th at the Tavira Club.



The winning Tavira team.

Jonathan Pratt returns to Loulé market

This Saturday, at around 11h00, Quarteira shrimp will be the main ingredient for another live creation at Loulé market.

Irish Chef Jonathan Pratt will form a partnership with local chef Renato Costa, yet again, to create a dish conforming to 'Timeless Cooking', in line with Loulé's project 'Live Cooking in the Market'.

Quarteira shrimp, appreciated by consumers for its unique taste, will be the main element of the creation, as used in traditional cooking from 1800 to 1910, but applying new culinary techniques.

Jonathan Pratt has vast experience as a chef in several countries, and is currently executive chef at the Vilamoura Hilton.

Earlier this year, he participated in the 'Live Cooking at the Market' on 9th February, creating 'Smoked chicken with honey, orange and rosemary'.

There goes one of the road runners

It is a sprint, 750m swim, 20km biking, and a 5 km running. With over 240 entrants



from all over the country, from individuals to teams participating, it was quite a sight as they all plunged into the water for the sea swim. Jill Edwards a member of the local running group, Sue's Road Runners, won her category at the VII Triathlon Cidade de Quarteira, for the second year running, at the weekend. Currently training for her next competition and as one of the core team members involved in the '2 Girls 2 Run' challenge in May, Jill has also qualified to represent Britain at the European Triathlon Championships being held in Lisbon, May 11 2008. There are 4 ladies in Jills category. This is a fabulous achievement and everyone wishes Jill every success at the championships.

Millions invested in boosting social support

A 7.5 million euro investment aimed at improving the Algarve's social support networks is to open up 800 new places in crèches throughout the Algarve as well as 70 additional placements in retirement homes.

These new places are included in the second phase of the so-called social infrastructure expansion funding plan, PARES, and will benefit 24 different institutions. Fifteen contracts have already been signed.

PARES has already contributed around 400 million euros to various institutions, 15 million euros of which were injected in the Algarve.

Should the pace of progress continue the Algarve will surpass its objectives, established by the government for 2010. One such goal was to expand the regional network of crèches by 50 per cent. On a national scale, thanks to the PARES programme, 16,000 new places in crèches have been created along with 15,000 placements in retirement homes and elderly support.

Solar powered lights to light up beaches

Several Algarve beaches, Coelho, Manuel Lourenço, Meia Praia, Ponta da Piedade and Algar Seco cliffs are in line for solar powered night lighting in a project budgeted at €200,000.

A Coelho, the local beach of President Cavaco Silva, will be the first venue to have solar powered lighting, hopefully before the summer starts. The electric illumination is already being dismantled to make place for the new infrastructures.

All the lighting on the beaches, subsidised by EU community funds, is to be completed by 2009.

The new structures will be made of one square metre special plates that receive solar light and transform it into electrical energy at night, in an environmentally friendly approach.

By the end of the bathing season this year, it will be Castelo beach's turn to receive solar energy and Meia Praia beach should be ready before the summer of 2009.

The project of renewable energy is still in an experimentation phase, only after observing if the plates function properly, and registering people's opinions will the project advance to more beaches.



From the 12th till 29th April Portimão's Municipal Auditorium is going to be the centre stage for the seventh Contemporary Dance Festival, bringing five dance shows of great artistic quality to the public.

'Strange Way of Life' is the inaugural piece, represented by the Algarve Dance Company, a group that has been participating since the first event. Their show intends to show how dancing can become a method of communication, of expression and reflection of the world.

Cláudia Nóvoa presents 'Berna, nº49 Kramgrasse' on the 20th, a production that shows body expression in its purest form, without using technology.

Dancinema Cultural Association will interpret two pieces on 23rd April, 'Not Possible' and 'Cause Without Effect'. The first tells a story of two strangers meeting, illustrating all the barriers, feelings and illusions that come to the surface. 'Cause Without Effect' portrays the unforeseen moments in life and the different paths one has to follow during one's life.

The National Dance Company presents 'Front Line' on the 27th, a creation by Henri

Oguie inspired on Shostakovich's quartet of strings nº9.

'Dream of a Summer's Night' by Madrid Ballet is going to be the closing show of the event on 29th April.

A magical performance where ballet dancers blend with virtual 'beings'; re-enacting Mendelssohn's ballet and also inspired by Shakespeare's work.

All shows take place in the Auditorium at around 21h30 and tickets will be sold at the location for €5.00. To watch all the shows there is a discounted price at 20%.



The dance festival will be at the municipal auditorium in Portimão until April 29th.

President's empty home under constant surveillance

Cavaco Silva's holiday home in Galé is watched day and night by elements of the Albufeira GNR, even when nobody is there. A safety measure considered normal as he is a high figure of the State, but it is affecting police patrols in the area due to the lack of officers.

Only 40 men are active in the Albufeira post that once had 120 officers. Eight of them carry out their daily duties in

Galé, splitting into six hour shifts to conform to the safety plans for the President of the Republic's holiday home.

This is causing uproar between the guards of the post that dispute the obligation of carrying out such services, even when the house is empty, especially when their help is needed in other areas.

The night shifts have been the most affected by the lack of of-

ficers; at the moment there is only one patrol operating in an area that includes three parishes, Albufeira, Paderne and Olhos de Água. This reflects on the populations' trust towards the authorities "People complain about waiting a long time when they call the GNR and they are starting to get alarmed, because they have noticed the lack of officers on the streets" said a source.

Daytime is also deficient when it comes to patrolling. There are only two available patrols working with the support of two vehicles. Foot police are rare and bicycle patrols are non-existent.

Council President Desidério Silva has contacted Internal Affairs minister Rui Pereira about his concerns for a tourist destination which deserves more attention.

Faro police arrest man who robbed four banks in two weeks



Detectives from the Polícia Judiciária (PJ) have announced the arrest of the man who robbed, or attempted to rob six bank branches in the Algarve and Alentejo, having amassed a total of €11,530 in 'takings'.

One of the latest robberies took place at a BPI branch in the centre of Faro on 26th March. The other three happened between 12th and 31st of March in Caixa Geral de Depósitos in Vilamoura, Caixa de Crédito Agrícola in Almonacid and

Banco Espírito Santo of Albufeira.

The same individual, 43 years old, also attempted to rob Banco Santander Totta, in Albufeira, and Caixa de Crédito Agrícola, in Ourique.

His modus operandi was to

threaten employees with a gun or a weapon and make them hand over the money available in the tills.

After investigation, Judiciary Police recovered €3,900 in cash, seized a vehicle and bank notes

relative to the 110 US dollars and €300 accrued during the robberies.

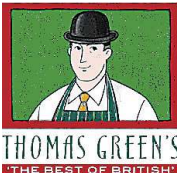
The suspect, arrested on the previous Monday, was presented to Court, where it was decided he would be remanded in custody.

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Camper's sewage

SIR, In Letters to the Editor, 29th March, Mr Tom Wilshaw was enquiring whether the "growing number" of camping vans within the Tavira region were depositing sewage down the storm drains. Perhaps his approach should have been made directly to the campers, whereupon he may well be writing this letter instead of me.

Since last year, winter 2007 provision was made at the local sewage works for such disposal together with a water supply. As far as I am aware it still exists and indeed you will see campers taking their sewage cassette to that point. The water tap however has been disconnected since.

Tom I'm sure will be fully aware that every winter period between November and May, vast numbers of camper vans heralding from Europe's northern climes converge on the warmer, sunnier south. These southern favourites are Spain and Portugal.

Many converge on their favourite campsite for the duration. However many (and I'm positive that many more in the future) wish to travel and see the country, rather than just statistically sunbathe. It's these 'oldage' travellers that I feel Mr Wilshaw sees within the region of Tavira. Mr Wilshaw they are frustrated. In France, Germany and Italy they are supplied with 'Aires del Services', 'Stell Platz' and 'Portolanos'. These are dedicated locations just outside (or within) towns, cities and villages that supply sewage disposal, water and power for minimal cost, 1 or 2 euros, and a stopping

point for up to three nights. They benefit the local tradesman who welcome the business. In Spain or Portugal no such places exist! They have to pay a campsite some 15-20 Euros to empty a toilet cassette and take on water and stay for one night. (That is assuming the site has a space for 1 or 2 nights and the trees allow access to the pitch without damage to the camping van.)

Many of the campers are retired professionals or traders, people who wish to travel Europe as their choice. They would love to see the same type of facility provision in Spain and Portugal that other EU members supply!

May I also say the majority are fully aware that a storm drain is for storm water and not sewage as you imply. May I also say, I defy you to find discarded litter and waste in those camper van locations - even when 'bins for the purpose of are some distance away.

D. HAROLD, Kingston-Upon-Thames, England

Re: 'modern day gypsies'

SIR, I refer to the recent letter by Peter Dodd and his criticism of 'modern day gypsies'.

I speak as one of these. My wife and I are meandering through Portugal in our motorhome with no particular agenda other than to enjoy the country and its hospitality.

Mr Dodd asserts that side roads and car parks are 'full of modern day gypsies'. Were this literally the case I am quite sure the GNR would have no hesita-

tion in moving on the offending vehicles. Has your correspondent ever been denied a place in a car park because it was full of campervans?

If it were the case that motorhomers like us were choking the byways and filling car parks you can be sure the local indigenous residents would let us know, as no doubt would the police. The reverse is the case: we have never yet seen any signs of hostility from the Portuguese, who we find a wonderfully friendly nation.

I wonder quite what he means in his reference to 'freeloaders'? Is this an implication that we are taking something that is not rightfully ours, when we should be paying for it? I beg to differ. Yes, there are plenty of campsites, and we sometimes use these. But sometimes we prefer the freedom, simplicity, and beauty of life in a less structured environment.

There are many who need, and are prepared to pay for, the facilities offered by campsites (electricity, hot water on demand, internet connection, washing machines, etc). There are also others who prefer a simpler lifestyle, and will accept some privatisation for the benefits of a life less cluttered.

Because we have to manage our energy supplies and minimize our use of resources, we freecampers have a very low environmental footprint. We heat water by sunshine, and generate what little electricity we need from solar panels. We sometimes go for days without running a car or van engine, preferring to walk or cycle to the shops.

But we are not freeloaders. We are paying our taxes on the food, water, and diesel that we buy. Local traders are grateful for our business, particularly off-season. We buy oranges from farmers at their door: we do not steal their fruit at night. We bring money into the region that it

would not otherwise receive.

Mr Dodd accuses our dogs of fouling gardens and waste ground. It is true that many of us travel with dogs, as do my wife and I. But it is also true that every dog owning motorhomers have met is careful to collect their dog's waste and dispose of it properly. It is far more likely that the dogs that dirty these areas are native feral animals.

So perhaps Mr Dodd's energy would be better spent in organizing a campaign to re-home or sterilize stray dogs, rather than criticising those whose lifestyle he doesn't understand, simply because they choose to march to a different drum.

BRUCE GIDDINGS, (Address withheld.)

The Alto Minho area of Northern Portugal

SIR, Have those living in Central or Southern Portugal ever thought of discovering the large area of Portugal called the Alto Minho. The Minho river is the natural boundary between the Baixa Mino area of Galicia in Spain and the Alto Minho area of Northern Portugal

Take time out and discover its pure air, forested mountains, silver beaches, architecture, spas, golf courses and wine. Discover all these and many more tangible and intangible things, which add up to a special kind of magic.

You could mix days of exploring with quiet lazy days, take in a folklore festival, visit the fascinating local markets, take a boat trip on the picturesque River Minho, or go white-water rafting. The road infrastructure makes travelling by car user friendly and with this in mind here is a suggested route starting from Porto. The route is planned to coincide with the famous Fumiera Feira in Malgaco, which is held at the end of April 25/26/27th:-

Port tasting, visiting the Cry-

stal Palace, Barcelos Market, Alvarinho Wine-tasting, Melgaco Solar, Fiestade Fumeira.

It allows plenty of flexible time for sightseeing in between the suggested events en route and detailed information can be obtained on the Internet or from a Tourist Office Information. The office in Barcelos is particularly helpful and will post on to you on request. English is spoken.

SHIRLEY TAYLOR-DAWES, By e-mail

A visitor to Silves

SIR, As a long time visitor of Silves, I feel I have to write and tell you what I feel about the area that I love.

I think that the President; Isabel Soares has 'lost the plot'. Silves is one of the biggest tourist attractions on the Algarve, millions of visitors with euros to spend come here. However, there has been a lot of money spent on the waterfront, but no public toilets for the visitors to use!

The tourists walk up to the Castle and the Cathedral, again no public toilets, also the cars parked everywhere is an eye sore, especially for those same tourists who wish to take photographs, of what could be a beautiful City!

Have Portuguese friends and they live in the older part of the city of Silves. When I visit, I am appalled at the conditions of the roads and the pavements that they have to use and have taken so long for any work to be done.

I feel sorry for many of the older people and those youngsters with children, they live with these ruins for streets, (more than two years to my knowledge!)

Apparently there is more discussion regarding the river, and the wish to dredge it, to my knowledge, this was done a number of years ago, and must have cost a lot of money then. Why not put this money into providing better parking facilities, public conveniences for the tourists and putting the roads and

pavements safe for those who live here.

SHARON DELLOW, By e-mail

Reply to Paul Joseph and Mr. Seddon

SIR, Paul Joseph writes that it would have taken six to seven years to cremate six million people using all the available crematoria. I have seen many references confirming that such a colossal number of victims were murdered but not cremated and is typical of the misinformation published by those who dismiss the Holocaust as a hoax. That huge numbers could be burned is not in doubt. In a letter from the Chief of the Auschwitz Central Construction Office in June 1943 to the Chief of the Economic-Administrative Main Office the 24 hour combined capacity of the five ovens was reported to be 4,756, or about 140,000 a month! At that rate the 1.4 million victims acknowledged to be murdered there could have been disposed of in less than a year.

However, PJ is right about autopsies. Some were carried out but not on those he concedes were buried or burned in mass graves. Autopsies were used to determine the effect of experiments conducted on victims to see, for example, how long they could survive without food, without water, or how long they could endure exposure to a high temperature or prolonged immersion in freezing water.

Your correspondent, Mr. Seddon, may be interested to know that a comprehensive obituary of Leon Greenman, the only Englishman sent to Auschwitz, appeared recently in issue 869 of The Weekly Telegraph and that in 1995 a permanent gallery telling his story was established in The Jewish Museum in north London. Sadly his passing means one fewer witness able to refute the claims of those who continue to insist it was all a hoax.

RONLAVERY, By e-mail

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Portuguese for all.

Na lição de hoje vamos consolidar o estudo do discurso indirecto: frases afirmativas, negativas e interrogativas. Até à próxima lição, Emília Rosendo.

Exercise 1: Read the dialogues and messages below and complete the text which follows by using reported speech.

1. - *O que vocês estão a fazer?*
- *Estamos a ver umas fotografias.*
- *Quem é a senhora que está ao teu lado direito, pai?*
- *Não a reconheces, Ana? É a avó Maria.*
- *Está tão diferente que nem parece a mesma pessoa.*

A Ana perguntou aos pais o que eles _____ a fazer e eles responderam-lhe que _____ a ver umas fotografias. A Ana perguntou ao pai quem _____ a senhora que _____ ao seu lado direito. A mãe, admirada, perguntou à Ana se ela não a _____ e disse-lhe que _____ a avó Maria. A Ana comentou que ela _____ tão diferente que nem _____ a mesma pessoa.

2. Não há sopa para o almoço.

A Sofia disse-nos que não _____ sopa para o almoço.

3. - A que horas tu chegas, Ana?

- *Chego por volta das duas e meia.*

O Pedro perguntou à Ana a que horas ela _____ e ela respondeu-lhe que _____ por volta das duas e meia.

4. O filme é imperdível, pois combina com mestria o imprevisível, a ironia e o humor. Vou vê-lo uma vez mais.

O António contou-nos que o filme _____ imperdível, pois _____ com mestria o imprevisível, a ironia e o humor. Ele disse-nos que _____ vê-lo uma vez mais.

5. - Gostas de jogar ténis, Marco?

- *Sim, gosto, pois é muito relaxante.*

Eu perguntei ao Marco se ele _____ de jogar ténis e ele respondeu-me que _____, pois _____ muito relaxante.

6. - Aonde vais, Pedro?

- *Não vou a lado nenhum, mãe. Não vês que eu ainda estou de pijama?*

A mãe perguntou ao Pedro aonde ele _____ . Ele respondeu-lhe que não _____ a lado nenhum e perguntou-lhe se ela não _____ que ele ainda _____ de pijama.

Sven, from p.1.

home in Lisbon dating back to the days he managed Benfica, was now looking to buy land elsewhere, stressing that they were keen on remaining in Lagos should they continue to receive the support of the local council.

The resort was to have been built in the area of Corte do Bispo, Bensafim and to consist of three hotels, a mini stadium with a capacity for eight thousand spectators, six football pitches, a spa, golf course, a residential area, tennis courts and a horse-riding centre.

Real estate developers had indicated work on the complex would start this year and be complete by 2010.

Back in 2006, José Viegas

told The Portugal News that they had initially looked to build the complex in Lagoa, hence the group's name, 'Lagoa Beach Resort'.

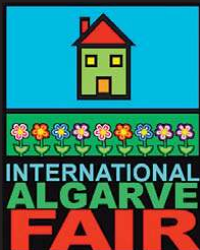
But the inability to find suitable land led the group to change their focus to Lagos.

At the time, the company admitted it had contacted Portuguese footballer Luís Figo to join in the development as he owns land adjacent to where the intended complex is to be built, but he denied their request, apparently "As he wants to build a housing development".

The project foresees the building of more than 80,000 square metres on land in excess of six hundred hectares.



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A captivated audience!



There will be so much to do at the International Algarve Fair on 10th & 11th of May that visitors will want to stay all day (opening hours 11:00 to 20:00). Features include Motor Show, Property Show, Arts & Crafts market, Puff Park (children's adventure area) and all day entertainment. Add to this over 120 stands with everything for the home, garden and lifestyle, several international restaurants and you have a recipe for a very happy crowd.

If you have not yet booked a stand, call the Exhibition Hotline on 282 380 317 or go to algarvefair.com.

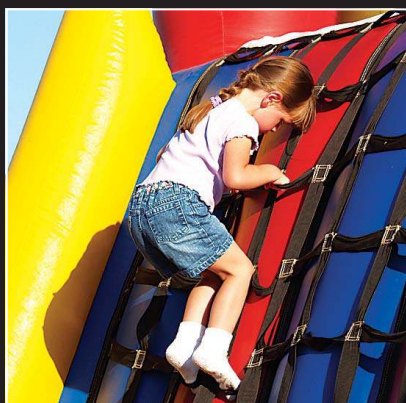


Stands

There will be over 120 stands with everything for home, garden and lifestyle. Stands will be offering advice on travel, home improvements and lifestyle, there will be lots to buy including fashions, books, art, decor, specialist foods, pets products and you can enjoy beauty treatments and health advice.

Food Arena

There will be several international restaurants in the Arena: Pizzas from Italy, Tandoori from India, Pastries and Bifanas from Portugal, Hotdogs and Hamburgers, Shell fish from Portugal, Surinam specialties, Braai from South Africa, Indonesian Cuisine and Cakes, Pies, Pasties, Sandwiches and Cream Teas from the UK, Danish open sandwiches and Slush Puppies.

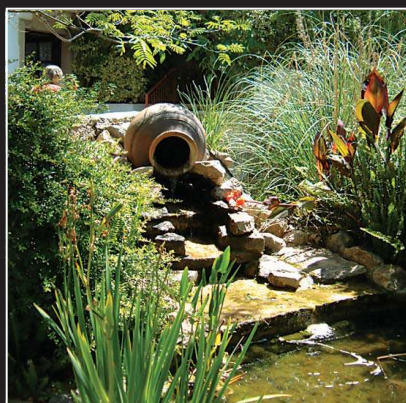


Puff Park

Children will love this adventure area with several giant inflatables. There will also be clowns, face painting and a real fire engine to explore. This year Puff Park will be located in the Arena, so parents can be close to their little ones while they eat and enjoy the entertainment.

All Day Entertainment

The lineup already includes Harp John in the garden area, the Peruvian ensemble on the grassy banks among the stands plus OO-Boop-I-do, Country Singer J.J. Johns and A Kinda Swing in the Arena.



Show Gardens

Landscape Gardeners and Garden Centres are invited to participate in **The Portugal News LANDSCAPE GARDENER Spring 2008 Award**. See page 34 for full details

Arts & Crafts Market

A dedicated section for artisans to show off their wares. Made especially simple for the purpose, spots can be rented for only 53 euros



The Algarve Property Show

This section will be situated in the Pavilion for visitors who are thinking of selling, buying, trading up, or moving to something smaller. They are invited to meet the leading agents and talk to finance companies.

Motor Show

Where visitors can see the latest models and talk to motoring experts. Also situated in the Pavilion



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Much more than a simple facial, the Dermalogica Signature Facial is based on a step-by-step process that comprises a minimum of 10 different products and various complementary massages. Each step is tailored to suit the client's particular skin type.

Available exclusively from the Senses Skin Care Centre in Lagos, who are the only authorised stockists of Dermalogica products in the Algarve, the Signature facial typically lasts around one hour and is excellently priced at €45.

Beauty therapist Suzie Bell, an ITEC qualified therapist, recommends this facial be done every six to eight weeks, to improve and/or maintain optimal condition.

Firstly clients are required to fill in a confidential form that defines routines and skin care habits, to better assess each individual case.

Treatments, of which the Signature Facial is just one of many, are carried out inside the beautifully relaxing treatment room.

The facial starts with the cleansing of hands, using a steam towel infused with a customised botanical mix, inducing calm and reducing stress.

Then the face is cleansed followed by a 'face mapping' procedure, devised by Dermalogica, is carried out. The face is divided into 14 different zones (eg: eyes, nose, chin, forehead...), each of

which is carefully analysed to ascertain precisely what products to apply and which can also be followed up with Chinese methods of diagnosis.

One of seven exfoliations are then applied, depending on skin type and condition.

After exfoliation clients can enjoy the Dermalogica pressure point massage, which concentrates on lymphatic drainage, the best form of relaxing massage for all skin types, and key pressure points.

Then a customised masque, made up on the spot, is applied, personalised to each individual's skin needs; a lavender eye cushion is placed over eyes to ensure total relaxation. Whilst the masque is doing its magic a shoulder and neck massage is given, along with the choice of a foot, hand and arm, or scalp massage. Sheer bliss!

The therapist then leaves the room and clients are left alone, with their thoughts, lulled by mystical background music.

The treatment ends with the removal of the masque, using soothing and stimulating steam towels, again infused with bespoke botanical blends, and the application of eye products, moisturiser, and sun protection creams.

As a result skin is left smoother, looking healthy and feeling fan-

tastic, as well as offering the most relaxing, yet at-the-same-time invigorating experience possible.

This in-depth approach to treatments is applied to every one of Dermalogica's treatments, offering unique, personalised sessions carried out with utmost professionalism, and all at affordable prices. Senses Skin Care Centre offers the knowledge and quality of health farm treatments with the friendly, relaxed atmosphere normally associated with smaller salons. This has been primarily achieved through Suzie's experience of working in both environments, one of which was Champneys, the largest health resort company in the world.

Another new introduction, not only to Senses but to the region, is the Senses Skin Bar, a modern concept of 'DIY' facials, where for a small fee customers can learn how to treat their skin and sample a wider range of products whilst reading, listening to their iPods, or socialising with friends. Other treatments include a purifying back treatment, tans, workshops, various massages (ie. whole body, Indian head or hot stone massage) Hopi ear candles, manicures, pedicures, tinting, semi-permanent make-up, and a selection of packages. For more information, contact Senses on: (+351) 282 762 261, 913 275 869, or see website: www.senses-skincare.com.

Piece by Piece painting



For all painting services complemented with youthful enthusiasm this is the company to call and now is the time to do it, whilst the weather is fine, and before the chaos of summer returns.

Piece by Piece, managed by Jay Michel, covers all types of interior and exterior painting, including decorative finishes, feature walls, spray painting, and waterproofing.

Taken over and renamed two years ago, the present company works hand in hand with some of Lagos and Luz's most prominent property management and development companies, builders and interior designers. However, Jay, along with his team of five skilled workmen, is now extending their services to individual property owners. So whether you need full interior decoration for a new home, to repaint the exterior of your villa, or just want to spruce up your rental property ready for the upcoming season, this is the company to call.

Piece by Piece offers competitive prices without cutting on quality, and strives to be punctual, as Jay knows how important reliability is to his clients.

Now settled in Portugal for three years with his wife Polly (who many may know from clothes shop 'Hustler', in Lagos), Jay is extending Piece by Piece's

services to cover most of the Algarve. For more information or a quote, call: (+351) 914 315 580,

914 315 954, or, alternatively, e-mail: piecebypiecelda@hotmail.co.uk.



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of time to carefully pack your effects. Glass, porcelain, books, paintings, 'objects d'art', decorative items, furniture, clothes, electrical appliances, computers, office equipment, etc are carefully protected in accordance with their size, shape and degree of fragility, to ensure they are transported under the best conditions. During packing all items are duly identified. If they are to be sent abroad or to a warehouse, a detailed inventory of all items controlled by a sophisticated bar-coding system is made to avoid the risk of loss or theft. For additional security, all high-value objects are sealed and loaded onto trucks in your presence.

To cater for utmost security whilst in storage, the modern and secure storage warehouses are equipped with fire alarm systems, the containers carefully stored and

regularly inspected so as to ensure the safety and protection of packed goods, twenty-four hours a day. Any items, however large or small or of whatever shape, can be stored for as long as required.

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For more information, contact Galamas on: (+351) 214 443 021, fax 214 444 817, or e-mail: Lisbon@Galamas.pt (LISBON Head Office). In Oporto contact: (+351) 227 839 895, fax: (+351) 227 839 897, or e-mail: Porto@Galamas.pt, or for the Algarve contact: (+351) 289 312 004, fax: (+351) 289 302 682, or e-mail: Faro@Galamas.pt. Alternatively, see website www.galamas.pt for more useful tips.

...and the winner is...



Congratulations to Gill Trishell of Quarteira, the lucky winner of the Senses prize draw.

Mrs. Trishell will be enjoying eight of Dermalogica's Signature Facial treatments (see above article for more information);

nearly a whole year's worth of pampering!

For more information on this or any of Senses' other prod-

ucts or offers, contact: (+351) 282 762 261, 913 275 869, or see website: www.senses-skincare.com.



Senses' senior therapist Suzie Bell with partner and salon manager Tim Melbourne.

PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The *Portugal News* • 12 Apr 2008

PROPERTY OF THE WEEK

An attractive Almancil townhouse



Situated just minutes away from Almancil and all its amenities is this week's Property of the Week, a luxurious, two-bedroom townhouse located on a peaceful, well kept, private condominium which comprises 12 townhouses, a huge communal pool, sun terrace, landscaped Mediterranean-style gardens, and ample parking space.

From the condominium it is a short 10-minute drive to the Vale do Lobo and Quinta do Lago beaches, as well as to many of the area's leading golf courses.

The villa itself is an idyllic holiday home and offers excellent rental prospects. It has spacious rooms, a compact yet functional kitchen and quality fixtures and finishings, on which no expense has been spared.

This can be seen in many decorative details throughout the property.

Through the main entrance we enter a hallway that in turn leads into the living/dining area. The decorative flooring is immediately eye-catching, made of natural stone tiles with inlaid detail.

Left off the hall is a guest WC that has twin basins and offers extra storage space.

To the right is the kitchen.

Whilst compact in size, the kitchen is spacious enough to comfortably prepare meals in. Fully integrated with top-of-the-range Bosch appliances and ample storage space, it has solid polished-granite worktops and ornate wall tiling.

The spacious living room and dining area comprises a large, under-stair alcove which creates even more storage space. There is room enough for a dining table, and has a set of patio doors that lead to a private patio to the front of the property.



Separate from other neighbours' patios, the terrace offers a private outdoor living space, overlooking the swimming pool and gardens.

Of an unusually large size, the communal pool is located in the midst of the manicured gardens. Property owners also have full use of near-by tennis courts.

Up a staircase that climbs from the living room to the first floor we find the two bedrooms, both of ample proportions.

To the left is a guest bedroom, which has fitted wardrobes and its own small veranda, to the right is the master bedroom, which also comprises fitted wardrobes and has a big private balcony, boasting views of the complex and over Almancil, out to sea.

The two bedrooms share a roomy bathroom, which has a good size enclosed bathtub, unusual polished stone floors, and two basins.

Throughout, the property is equipped with air-conditioning units, mosquito nets on all windows and doors, double glazing, and contemporary light fittings.

Furthermore, it is to be sold fully furnished and is ready to move into. It is priced at €345,000.00. For more information, contact Silver Holidays on:

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Loulé

- Traditional cottage
- Annex studio room
- 3 bedrooms 1 bathroom
- Good country views
- Garage and garden
- Cottage 130m² plot 2000m²

Ref. C1081
Price: € 267.000



Quinta da Balaia, Albufeira

- Spacious villa, beach 1km
- Quiet setting, pine trees
- 5 bedrooms 4 bathrooms
- Private & communal pools
- Central heating, furnished
- Villa 400m² plot 2000m²

Ref. V1089
Price: € 600.000



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Vilamoura

- Lovely 1st apartment
- Between Millenium & - Victoria Golf Courses
- 2 bedrooms 2 bathrooms
- Communal pools, garage
- Apartment 116m²

Ref. A1095
Price: € 345.000



Moncarapacho

- Superb large quinta
- Separate guest house
- Total 6 beds, 5 baths
- Large indoor pool
- Tennis court, garage
- Bldgs 505m² plot 44.480m²

Ref. V1049
Price: € 1.300.000



AMI 7557

A selection of our properties

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Vilamoura

Beautiful Luxury 5 Bedroom / 4 Bathroom detached villa set within an exclusive pine tree area of Vilamoura of a modern & contemporary design and located on a large plot of 4641m².

Price: €2,800,000 / £1,931,000



Vilamoura

Beautiful 3 Bedroom / 3 Bathroom detached villa offering a sunny terrace with private swimming pool, located within a few minutes walk of the Old Village and its amenities. The villa is sold "Fully Furnished" and is an ideal holiday home.

Price: €495,000 / £341,000



Vilamoura

4/5 Bedroom detached villa with landscaped gardens, private BBQ courtyard, sun terrace and swimming pool. Located in a quiet residential area, this villa offers the perfect holiday home or permanent residence.

Price: € 695,000 / £ 479,000



Vila Sol

Beautiful 3 Bedroom / 3 Bathroom detached villa located in the luxury golf & spa resort of Vila Sol. This nice villa is situated on a large plot of 1768m² and offers a private swimming pool, BBQ and is surrounded by beautiful landscaped gardens.

Price: €1,175,000 / £810,000



Vila Sol

New 4 Bedroom / 4 Bathroom luxurious detached villa offering a large lounge with wood-burning fireplace and large open-plan modern kitchen. The villas interior and exterior have been designed to an extremely high quality and modern design.

Price: €1,170,000 / £806,000



VILAMOURA

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SESMARIAS Ref# V72027

3 bedroom villa on very quiet area, only 5 mins walking to beach. 650sqm plot w/ approx. 208sqm constr. area. Modern architecture. Top quality finishes. Fully fitted kitchen. A/C. Alarm. Large landscaped garden w/ sw. pool & barbecue area. Stunning sea & country views. Must be seen to fully appreciate.

Price: € 960.000



VILAMOURA Ref# A72019

3 bedroom apartment on complex w/ large green areas & communal pool. Very quiet area between Pinhal & prestigious Old Course. 115sqm constr. area. Furnished & equipped. Balcony w/ BBQ. Near several golf courses & less than 5 mins drive from Marina in Vilamoura & beach. Excellent letting potential...

Price: € 205.000



S. B. MESSINES Ref# A72018

Old wind mill fabulously transformed into a 5 bedroom detached villa. Very quiet area, approx. 5 mins drive to Messines. 1.440sqm plot w/ 221sqm constr. area. Living room w/ fireplace & separated dining area. Lovely conservatory. Fitted kitchen. Garden w/ sw. pool & ornamental pond. Private parking for several cars. Lovely panoramic views over country.

Price: € 350.000



VALE DE EGUAS Ref# V71940

3 bedroom detached villa in a quiet area, very close to Almacil, Quinta do Lago & Vale do Lobo. 300 sqm plot w/ 180 sqm constr. area. 2 en suite bedrooms. A/C. Alarm sys. Central heating. Large landscaped garden w/ pool. Fully fitted Kitchen. Top finishes. Sea & Country views. Low maintenance.

Price: € 475.000



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Tavira: 281 320 281
Vilamoura: 289 301 294



Fonte Santa - Cacela

Beautiful T2 Townhouse w/ communal pool on small development near Monte Rei Golf & various beaches. Three bathrooms, private patio, off street parking, air conditioning, fully equipped kitchen. Sold furnished. Good value for money!
Ref: LHT-853 Price: € 199.000



Moncarapacho

Spacious, modern, open plan 5 bed villa in immaculate condition with swimming pool and landscaped garden situated in an up-market residential area. Construction size approx: 480 incl. basement with garage, plot 1377m², built in 2006.
Ref: LHV-927 Price: € 640.000



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Good quality properties

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Tavira

Modern, luxurious four bedroom villa on preferred location with swimming pool and garage, large living/dining room and modern Italian design kitchen with cooking island. Breathtaking views from all rooms, cov. area 430m², built in 2005
Ref: LHV-901 Price: € 895.000



Moncarapacho

Exclusive villa (V4) with guest cottage and swimming pool located on a large fruit producing estate. Comprising of 4 spacious bedrooms, 4 en-suite bathrooms, top of the range kitchen and lot of extra's, cov. area 688m², plot 40.700m²
Ref: LHV-904 Price: €2.400.000



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Vilamoura

Studio apartment located in a quiet and privileged area of Vilamoura with access to swimming pool, gardens, children's playground ... Excellent Price!!
Price: € 127.500,00
Ref.: CF-APT-0003
Call: 915 599 245



Olhão

1, 1+1, 2, 2+1 and 3 bedroom Marina apartments located next to the new Marina in Olhão and next to the future 5 star hotel. Unique opportunity for a superb location !!
Prices from : € 205.000,00
Ref.: CB-EMP-0006
Call: 962 335 514



Fuzeta

Fantastic closed condominium 2 bedroom penthouse apartment, with private parking, access to swimming pool and private access to a private roof terrace... Fantastic Sea View!!!
Prices from: € 275.000,00
Ref.: CB-SC-PN-FRMSVLG-FZ
Call: 962 335 514



Moncarapacho

Charming refurbished 3 bedroom cottage set in a 5000 sqm plot in the countryside with good accesses and great sea views located within the Ria Formosa Natural Reserve.
Preço: € 350.000,00
Ref.: MG-SC-SRMRC-BSSL
Call: 915 599 243



Sº Brás de Alportel

Charming villa with garden cottage, w/ generous 10mx4.75m swimming pool w/ solar heating system, central heating, equipped kitchen, BBQ, covered parking... Excellent Opportunity!!!
Price: € 490.000,00
Ref.: EH-VIV-0002
Call: 915 599 244

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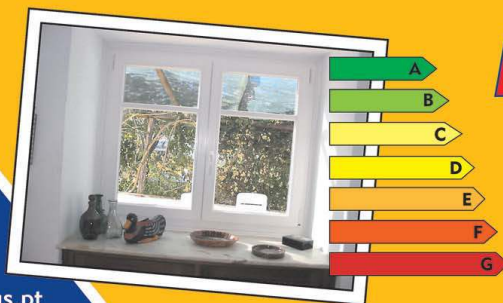
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• Roof Terrace
• Golf Course Views
• Fully Furnished
• Golf Rights
• Communal Swimming Pool
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V431T



Parque da Floresta
• Fractional Freehold
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• Fully Furnished
• Balconies
• Golf Rights
• Communal Swimming Pool
€62,500 Twelfth Share

V426T

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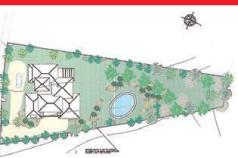
E-mail: sintra@era.pt



Lourel

Traditional Portuguese 2 bedroom villa to renovate. 5 minutes from Sintra. Annex with 2 bedrooms. Excellent opportunity.

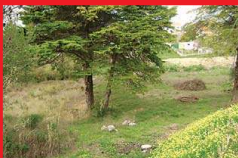
PRICE: €180.000 REF:STR1793



Quinta da Beloura

Luxury villa in a 1,483 sqm plot of land. 493 sqm of construction area. View over golf course. Can still choose between 2 kinds of architecture and different finishes.

PRICE: €1.175.000 REF:STR1841



Galamares

Fabulous 480 sqm plot of land. Magnificent view over the mountain of Sintra. Great location in a very quiet area. Close to the beach and Sintra. Great opportunity.

PRICE: €95.000 REF:STR1808



Sintra

Beautiful 2 bedroom villa in a great location. Recently refurbished. Close to all amenities, tourism and transportation. High rental potential.

PRICE: €220.000 REF:STR1477



Arneiro Marinheiros

2,808 sqm land with a 3 bedroom single storey house. The plot offers the possibility to build another house. Close to Sintra with mountain view.

PRICE: €290.000 REF:STR1291

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Portimão

T0 (Studio) apartment. All renewed, equipped and furnished with high quality. Air conditioning and LCD Tv. Parking space in garage.

Ref: 0239 Price: € 115,000



Portimão

T2 (2 bedroom) apartment placed in a luxury condominium. The condominium has a high interior swimming pool as well as an exterior swimming pool. It also has a jacuzzi and a playground.

Ref: 0240 Price: € 125,000



Portimão

New villa composed of three bedrooms, one en suite with hydromassage. Living room with fireplace on the ground floor. Air conditioning and central vacuum cleaner. Spacious garage.

Ref: 0166 Price: € 370,000



Portimão

Two T2 (2 bedroom) apartments, both with 2 bedrooms, a bathroom, living room and an all equipped kitchen with salamandra heating. Good reference to the décor designer of these apartments. Swimming pool and BBQ area.

Ref: 0252 Price: € 370,000



Portimão

3 bedroom villa in Belomonte Luxury Residential area. Central heating. Furnished and equipped kitchen, wood oven, large garden with terraces. Laundry. Barbecue and swimming pool. 2 parking places.

Ref: 0091 Price: € 505,000

VILAGENTE



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Vilamoura

Situated in a quiet area, 2 bedroom apartment composed of 2 bathrooms, lounge with fireplace, kitchen and terrace. Communal swimming pool and garden area. Exterior parking space. Furnished and equipped. Construction area - 97 sq.m.

Ref: A1140 Price: € 175,000



Vilamoura

Attached villa composed of 3 bedrooms, 3 bathrooms, lounge with dining area and fireplace, equipped kitchen, storage, laundry room, various terraces and roof terrace. Exterior parking area, communal swimming pool and garden area.

Ref: V12548 Price: € 350,000



Vilamoura

Spacious apartment composed of 4 bedrooms, 3 bathrooms, lounge w/ dining area, equipped kitchen, storage and large terraces. 2 parking spaces and storage in the basement. Communal swimming pool and garden area. Const. area - 190 sq.m.

Ref: A1232 Price: € 475,000



Pereiras

Beautiful villa composed of 4 bedrooms, 4 bathrooms, 2 lounges, dining room, kitchen, storage and laundry room. Swimming pool and garden. Plot area - 5.080 sq.m. Construction area - 380 sq.m.

Ref: V12446 Price: € 995,000



Parragil

Beautiful and spacious villa composed of 4 bedrooms, 6 bathrooms, lounge w/ fireplace, dining room, equipped kitchen, laundry room & terraces. Garage & barbecue. Swimming pool & garden. Sea view. Plot area - 2.100sqm. Construction area - 500 sqm.

Ref: V12549 Price: € 1,200,000



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S. B. de Alportel

Luxury 6 bedroom villa, at Mesquita Alta & is one of the most exclusive properties in S. Brás. 330sqm covered area in 6700 sqm plot. Nice views to hills & sea. Large garden w/ BBQ area, sw. pool & tennis court. High quality materials. Only 15 mins drive to Faro airport, 10 mins to Faro & Loulé, + - 20 min to Golf Courses.

Ref: 43SBA-M Price: € 795,000



Albufeira

High class 5 bedroom Villa, in a very privileged location. Innovative design, w/ passive energy saving, natural illumination, ventilation & advanced energy control system giving comfort & quality to this unique property. Building area: 374m², w/ approval to enlarge up to 526m². Represents high business potential. Safe investment!

Ref: 128ABF-M Price: € 1,200,000



Vale do Garrão

A high class 5 Bedroom Villa. Located at Villas Alvas, between Vale do Lobo & Quinta do Lago. High quality materials. Fully equipped kitchen. Central heated. Air conditioned. All the appliances & modern technologies. Garden. Swimming pool. BBQ & parking area. The best location for your investment.

Ref: 137LLE-M Price: € 1,250,000



Estói

Massive 5 Bedrooms Villa (CA-450 sqm, Plot-10080 sqm) located in Azinheiro (Estói). Panoramic country & sea views. Swimming pool. Garden with auto irrigation system. Central heating system. Air conditioned. Fully equipped kitchen. High quality finishing materials.

Ref: 177FAR-M Price: € 1,675,000



Goldra

Majestic 3 bedroom Villa located at Goldra, in St.ª Bárbara area, on top of hills, w/ beautiful sea views. Probably best location in area. Comprised by kitchen, living & dining rooms, 3 bedrooms, 3 bathrooms, all en suite on main villa, plus 2 independent apartments (all fully equipped) in the basement. South-facing.

Ref: 161FAR-M Price: € 1,050,000



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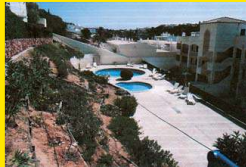
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Carvoeiro central

Top floor apartment close to Carvoeiro beach w/ large communal sw. pool, elevator, ample parking. 2 bedrooms w/ wardrobes, lounge / dining area w/ wood burner, fully equipped kitchen, modern bathroom, large roof terrace w/ seaview. Very good investment.

Ref: A-235 Price: € 175,000



Salicos

2 bedroom apartment w/ established garden, very private BBQ area, communal sw. pool, most desirable location location, close to Centianes beach. Lounge w/ wood burner, modern kitchen, u/ floor heating in bedrooms. Ideal for rental or permanent home.

Ref: A-237 Price: € 250,000



Near Silves

Charming detached farmhouse on 1200 sqm plot. 2 double bedrooms, 1 shower room, spacious lounge / diner, equipped kitchen, small pantry, large covered patio. Nice garden, A/c, wood burner, garage/ workshop, utility room, space for pool, own borehole.

Ref: V-351 Price: € 269,000



Salicos

Spacious 3 bedroom villa, excellent location w/ view of Monchi-que mountains, on a cul-de-sac. Close to Marinha beach. On 3000 sqm plot. Open space kitchen/lounge/ dining room w/ wood burner, large terraces, easy to maintain garden. Space for swimming pool.

Ref: V-349 Price: € 450,000



Carvoeiro

New construction. Villa composed of 3 bedrooms, 3 bathrooms en suite, 1 studio bedroom, 2 wc, lounge, kitchen fully equipped, laundry, 4-car garage, pool, Air conditioning/heating, under floor heating in bathrooms. Large terraces.

Ref: VH-459/07 Price: € 950,000

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- Spacious garage w/utility room, great potential.

Ref.: ST262



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- **ARMAÇÃO DE PÊRA**, S266. Quiet, huge house, ideal for home with income, sea views. €425,000.
- **ALGOZ**, ST295. Very quiet area, 2 bedrooms and mezzanine for extra space. €199,000.
- **PERA**, ST261. newly built, quiet area, walking distance to village, nr beach & Salgados golf, 3 beds, big living kitchen, patio w/BBQ, sea views. €250,000.
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Detached Big Villa with Income - Lagoa / Porches - Top Price

due to exchange rate NOW: €545,000.

- Near to the international school in Lagoa, quiet area, big plot, lovely views.
- 260 m² living area plus terraces, pool, space for tennis court.
- 2 apartments, one studio under one roof. Big potential, all with separate entrances.

Ref.: S257



Detached Villas & Homes with Income in Different Areas

- **SÃO BRAS**, East Algarve, S168. rural property with annex & neighbouring buildings, 450m² living area on 4.670m² plot, walking distance to village, very quiet. Lovely countryside., € 550,000.
- **PADERNE AREA**, S197. Main house 2 bedrooms, 2 studios, pool, g... terraces, lovely views. € 295,000.
- **MESSINES AREA** near lakes, S275. Huge country house, 5 bedrooms on 20.000m² plot, 225 m² living area, pool, garden, terraces, beautiful views. €795,000.
- **MONCHIQUE AREA**, S190. Huge property, 6 bedrooms, 15.000 m² plot, several guest houses, 550 m² living area. Spacious pool with island, sea views in the distance. €749,000.

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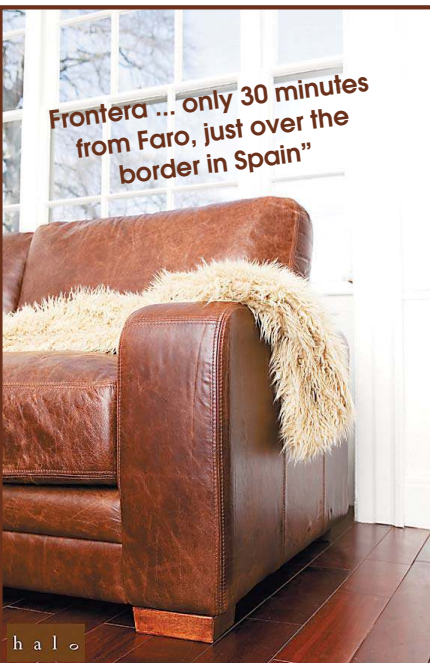
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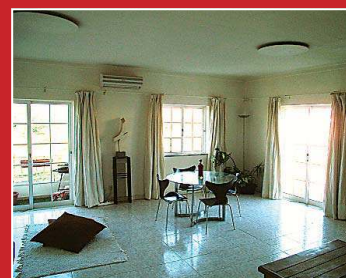
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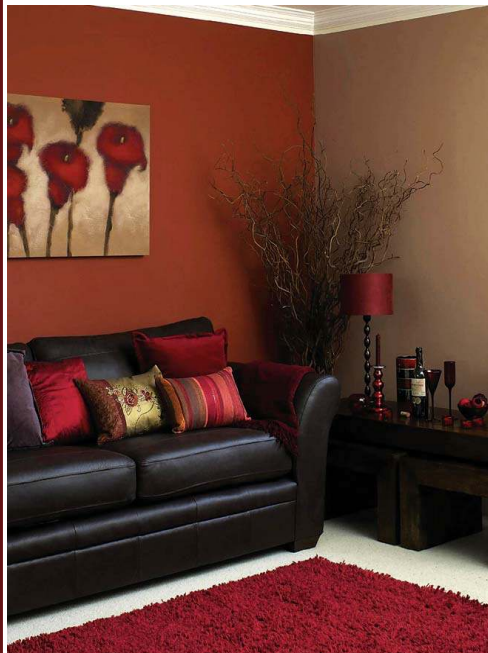
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a room decorated in bright Rioja Red Master Washable Matt Emulsion paint from Wickes

But decorating's not difficult and can give a home a great facelift.

TOMMY'S TIPS: "Planning is key to success, so you should write a list of what you want to do, the tools and materials involved and how long you think it will take."

"Decorating often goes horribly wrong because people rush into it, don't clear out the room properly, and under-estimate how much time it will take."

:: If wallpapering, always buy an extra roll so you have spare paper in the event of mistakes or damage.

:: If you can't tempt the room, move furniture into the middle and cover with dust sheets. Take up carpet and underlay.

:: If you are painting work from the top down ie: ceiling, walls and then woodwork. Use a flat finish emulsion, as silk will highlight every mark and uneven surface on your walls. Similarly, use eggshell on timber, particularly old timber, as it helps mask flaws and dents in the wood.

:: If painting new timber use knotting fluid to prevent knots falling out, then use primer, undercoat and a top coat. For the best finish Tommy advises two coats of top coat. After the first coat is completely dry use fine sandpaper to get a smooth finish, then wipe clean with a rag lightly dipped in white spirit before applying second coat.



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Lagoa | €183.500
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Silves | €380.000
 Magnificent four bedrooms villa, in Cerro de S. Miguel with spectacular view over Silves and the mountain range. The fireplace gives also heat to the bedrooms. Equipped with central vacuum, it has also pre-installation for air conditioning, Sw. pool & garage.



Seixosas | €430.000
 Excellent plot with 16.390 m², near of Praia dos Caneiros (Ferragudo). Wonderful views to Pestana Golf (Carvoeiro Golf) and to Ponta da Piedade de Lagos. Composed of two buildings: mixed building and rustic building. Sell joint of the buildings.

Rustic Property in Messines - Owner dropped price 15% due to exchange rate NOW € 275,000!!

- Refurbished traditional rustic farmhouse with two lakes situated on a 40.000 m² plot
- 3 bedrooms, traditional wood burner, owner rents out one part of the house, could also be re-converted to gain more space and rooms
- Permission for extension of approx. 200 m². Lovely countryside views, separate private pool area.

Ref.: S274



UNDER OFFER

Rustic Properties in Different Areas

- MONCHIQUE.** S78. Lovely and charming Algarvian house, 3 bedrooms, 110m² living area on 1.490m² plot, roof terrace with breathtaking sea views. **€175.000.**
- ODELOUCA.** S655. Newly renovated detached 2 bed villa on 1.300m² plot in excellent location. **€265.000.**
- MONCHIQUE.** S189 north of Monchique ideal place for self suppliers and nature lovers, 140m² living area on 60.000m² plot with breathtaking views. **€249.000.**
- SILVES AREA.** S282. Totally equipped and furnished modern style country house with 3 beds, 220m² living area situated on 25.000m² land, pool, lovely views from the hill to the village. **€459.000.**
- MESSINES AREA** near the lakes, S275. Totally refurbished big farmhouse with 5 bedrooms, 225m² living area, 20.000m² plot, pool, lovely countryside views. **€795.000. negotiable.**

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Ref.: S246



Detached Villas & Homes with Income in Different Areas


- LAGOS AREA.** S194. 6 bedrooms plus (several apartments), very quiet area, not far to the beaches. **€699.000.**
- MONCHIQUE AREA.** S23. Huge villa with self-contained apartment with 2 bedrooms, sea views from the distance, pool, garden, terraces, lovely countryside. **€225.000.**
- MONCHIQUE AREA.** S76. Composition of 4 houses with total 5 bedrooms, pool, 180m² living area, terraces, on 2.200m² land, **€200.000.**
- SILVES/MESSINES AREA.** S83. Rural property w/ main house & two houses to let: each 2 beds, lounge, kitchen & bathroom. Fenced plot, lovely garden w/pool in unspoilt countryside, **€ 599.000.**

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Heaven scent

From plot to plate

Propagating strawberries

The strawberry season is nearing the end and now's as good a time as any to increase your stock for next year - and it couldn't be easier.

Runner plants are baby plants that grow from a stem and then root themselves as identical clones of the mother plant.

Allow the strongest runners root in the ground or peg down the plantlets in pots. Once rooted, the plantlets can be cut from the mother plant and potted up in 9cm pots in summer and kept outdoors, then potted on as they develop. Up to three root runners on a healthy plant can be retained to make new plants.

Let the new plants grow on for a few months then plant them in the ground in early autumn.



Hyacinths are among many people's favourite spring bulbs, providing gorgeous colour and terrific scent in a vast range of colours from whites and creams to pinks, reds and blues. If you want something a little different, try H. orientalis 'City of Haarlem', which bears highly scented, soft primrose-yellow flowers.

Hyacinths grow to around 30cm (12in) and look great planted in pots, but place the pot on a ledge at nose height if you can, so that every time you go out on the patio you'll get a waft of the delicious scent.

Bulbs should be planted in autumn, 10cm (4in) deep, in fertile, well drained soil. While many hyacinths will stand up on their own, I tend to help support those in pots with pea sticks, to keep them standing firm.

In most soils you can leave the bulbs of Dutch hyacinths outdoors over winter, although you may not get as good a show in the second year.



GOOD ENOUGH TO EAT - Dividing chives

They are great addition to sauces and salads, their onion flavour pepping up sour cream dips and dressings, or served



with fish and egg dishes - and they are so easy to grow and so decorative. Now's the time to divide clumps of chives if you want to rejuvenate them.

When dividing them, lift each clump with a fork and divide them quite ruthlessly. They will come back. Replant the smaller clumps

in soil which has been enhanced with organic matter such as compost or well-rotted manure. Water well following replanting.

As well as a food source, chives, which produce pink-purple rounded flowers on grass-like leaves, serve as an attractive edging for beds and borders.

Three ways to ...

Train climbers successfully

1. Space trellis or support wires 10cm from a wall to allow air circulation between the plant and the wall. This stops the plant from overheating and prevents problems caused by damp.

2. Don't worry if a container-grown climber you've just bought doesn't bloom again for several years after planting as the plant has been given a bigger root run. It will generally start flowering again when it is well established.

3. If climbers become bare at the base, use the bare stems as a support to train fast-growing annual climbers.

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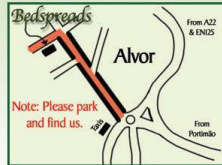
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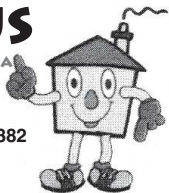
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Spring clean - it's in your genes

It's that time of year when you have to brush away the cobwebs, shake off winter's dust and spring clean. We source top tips and the pick of the stylish mops, brooms and brushes that might just get you in the mood.

Does your heart lift at the thought of that ritual spring clean and clear up that's supposed to blow away the winter cobwebs?

There's no need for guilt if washing windows, clearing out cupboards and polishing surfaces actually fills you with dread, because you're not alone.

Less than half of all homes get that annual spring clean, research by appliance manufacturer Miele revealed, while another Persil survey found a quarter of us are too busy to do all our chores, and 31% of people hate dusting the house.

But loving or hating cleaning and housework may be all down to our childhood and our personality, according to psychologist Anita Morris.

She says: "It's quite common to copy the approach to cleaning and the techniques instilled in you by your parents. That can of course be positive if you've got a sensible routine and are happy with it.

"But sometimes if we were made to do certain jobs as a child that we hated we can retain that feeling as a grown up.

"That may mean although you're happy to clean, but one particular chore's a problem as you constantly overlook it, and the fact it's not done preys on your mind."

Suffering from that love-hate reaction to cleaning can be solved.

"Get round it by delegating, say cleaning the bath, to someone else," she advises. "Or do the job you like least first so you don't build up a feeling of dread which makes a hated chore even harder to tackle."

And if you're allergic to a spring blitz? Anita says: "Our personality affects everything we do and that includes cleaning. If you're a dizzy, chaotic character it's unlikely you'll methodically clean.

"But it's worth being disciplined and setting time aside to do a spring clean. Getting rid of clutter and giving a home a good detox is often what we all need.

"The process of tidying and clearing can really help relax us and it can provide a sense of renewal, and that positive feeling could also change your attitude towards the chores."

So find out your cleaning personality, and follow our expert's tips to the best techniques and equipment to make spring cleaning a breeze.

Gabrielle Fagan
WHAT TYPE OF CLEANER ARE YOU?
TIME POOR CLEANER

You're probably busy with family and work, and when you have some time to spare lack the

energy or motivation to spend it cleaning.

Anita says: "Often these people are so stressed and overwhelmed they find it difficult to sit down and plan and prioritise. That means they're at risk of facing a mountain of chores which de-motivates them even further."

SOLUTION: Make a list of the essential cleaning jobs for each week and try and slot a time to do just one each day. Make a house rule if you take something out, you put it away. Keep surfaces clean, and tidy away clutter. **TOP TIP:** Director of Merry Maids cleaning company, Barbara Roberts, says: "For a spring clean start at the far end of the home and work your way toward the entrance. In a room always work from top to bottom, left to right - it's the most efficient way to clean."

WHIRLWIND CLEANER

You ignore the housework for ages, and then have a mad blitz so the home is immaculate for a few days but then slide back into chaos.

Anita says: "They're usually pretty driven, focused and high achieving so when they clean they insist on doing it all themselves. They think only they can do the best job.

"But the huge effort can be exhausting for them, and everyone around them, and make them irritable and snappy."

SOLUTION: Get the family to help you, and be tolerant if they don't meet your exacting standards. Plan one large job to do each month to avoid crisis clear-ups. You need to relax more so plan an outing or chill out time for yourself and whoever helps with chores. **TOP TIP:** Barbara says: "Only ever clear one room at a

time. Always start by picking up and storing clutter."

COVER UP CLEANER

You consider housework a waste of effort. So spills won't be wiped up straight away, and you use rugs or throws to hide marks or stains instead of tackling them.

Anita says: "You think life's for enjoying, not for slaving over surfaces. Your idea of cleaning is a quick flick around with a duster, moving cushions around and putting out fresh flowers."

SOLUTION: Make cleaning fun by getting the family to help. If you have children hide sweets or tiny gifts around the house for a cleaning 'treasure hunt' so they find them as they tidy.

Organise a full set of cleaning products in a basket for each room in the house so you don't waste time hunting for the kit to do the job. Reward yourself at the end of a session with a treat! **TOP TIP:** Barbara advises: "Use a good brush on bathroom or shower tiles to remove stubborn build up between tiles and on fix

COMPULSIVE CLEANER

You plump the cushions as soon as someone stands up from the sofa, and clear away plates before people have finished eating.

Anita says: "Order, routine and planning are key to your life and you only feel comfortable when everything around you is pristine.

"But if you can't rest until everything is done, you may have allowed cleaning and chores to dominate you, which is unhealthy."

SOLUTION: Try to reduce your chore cleaning routine, e.g. clean cupboards every other week instead of every week. Also find a hobby which relaxes and distracts you from obsessing over chores.

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Supersonic saloon

You have to go back a long way to find a four-door M3 - BMW's E36 model to be precise. The M3 brand - because, let's face it, the whole M Power thing is no longer just about the car - is synonymous with the coupe bodyshape, but BMW has dabbled in the past with something boasting a little extra practicality.

The market for such cars is a fickle one, and one of BMW's reasons for skipping a generation was purely business.

Intelligent forecasting and the odd bit of crystal ball gazing determined that E46 fans were not to enjoy a four-door Porsche 911 botherer. Little or no demand, you see.

Times have changed and, crucially, the competition has become more sophisticated. Witness Audi's acclaimed RS4 and Mercedes' dragster in disguise, the C63 AMG. Both can be had with four doors, which made it hard for BMW not to join the club.

Thank goodness for BMW's forecasting department. The office crystal ball had clearly just been serviced the day someone gave the green light to a four-door M3.

It's here now and, for BMW M3 fans seeking a happy compromise between performance and practicality, it doesn't get any better than this.

Excitement over the prospect of transporting a family in comfort at 911-like speeds plus the weekly shopping aside, the M3 saloon shares much with its Coupe brother: engine, transmission, noise, ability to cruise se-

dately or behave like an unhinged maniac depending on your mood and your passengers' enthusiasm for such antics.

At the heart of the M3 Saloon - and all other M3 variants - is BMW's acclaimed 4.0-litre V8 petrol motor. Topping the magical 100 horsepower per litre, the V8 boasts 420 horses and an equally impressive 400Nm of torque. For the saloon, the important numbers are as follows: 0-100kmh 4.9 seconds, 250km/h max speed and surprisingly 12.4l/100km for good measure.

As any keen driver will know, raw figures only tell you so

much. Out on the road the M3 Saloon is a hugely capable car. There's a lot of technology behind the experience, such as user-tuneable traction and stability control, a clever torque-sensing diff lock and shortcut buttons in the cabin to make changing your preferences easy.

Of course, you've still got to drive the car yourself despite the increase in technology over the previous generation of M3s.

When you leave the car standard set-up wise you get to understand its personality. There's an underlying laid-back character at play, thanks in part to the V8's low-down relaxed power delivery. Day-to-day driving requires no more than three gears, and one of those can be reverse.

Ambling around town is ridiculously easy, and from the driver's seat you could be in a cooking diesel 3 Series such is the ease at which the car deals with road imperfections, car parks and the usual commuter grind.

The M3 is also a pretty quiet car, and it's only its more muscular appearance that will give it away to fellow enthusiasts.

This all makes the saloon a more sensible proposition than most supercars if families and work commitments are added to the mix.

Four-door Porsches tend to be SUV shaped and despite the M3 saloon's price hovering around the 100,000-euro mark, it's still a stretch financially to the larger M5.

And as compact executive cars go, the basic 3 Series is a good platform.

Predictably a little bigger than the car it replaced, occupants never feel cramped and the car's boot is a good size.

While you're admiring the versatile nature of the car, its quad tailpipes and bulging bonnet remind that it's also capable of reaching an electronically limited 250kmh and drift its way around a track until the fuel runs out. And those are good reasons for choosing it over the Coupe if you want to have your cake and eat it.

Realistically, the potential of cars like the M3 are rarely exploited to the full on the open road. What you can glean from a four-door car packing a lot of clever electrical and mechanical kit plus an incredibly powerful V8 engine is that its limits are way higher than yours.

Grip in the dry is phenomenal, although it only takes a moment of madness with the right foot to shake the car's tail loose - all controllable and predictable to varying degrees depending on your chosen settings, of course.

Then there's the M3's steering, which is direct, full of feel and topped off with a small, thick-rimmed wheel for maximum race-car appeal.

Changing up and down the six-speed manual gearbox is never a chore, although with so much torque from the engine there really isn't a need as almost any gear will do regardless of the conditions.

Oh, and the car's brakes are

pretty impressive. You'd expect that from such a car, but even around town they feel progressive and not at all 'grabby' like some dedicated sports cars.

On top of all this surefooted performance is a deep bass soundtrack.

Under the M3's bulging bonnet is a monster of a motor. Parallels with waking bears by poking them with pointy sticks are most obvious after driving the M3. The car's muscular sounding V8 is entertaining at any speed, and you soon find yourself blipping the throttle when changing gear just for the sake of it.

It's easy to see why someone would be attracted to the M3 Saloon.

There's the added versatility over the coupe and convertible variants for starters. There's also the family angle: dad - or mum - wants something interesting but the existence of children precludes 'proper' performance cars.

Maseratis, 911s and Aston Martins are obviously out and not just on cost grounds, but this M3's performance, asking price and extra doors suddenly make sense - especially if you're restricted to just one car - and can be as much fun in the real world.

TPN/PA



FACTS AT A GLANCE

Model: BMW M3 Saloon, from €100,500 on the road.

Engine: 4.0-litre V8 petrol unit developing 420hp.

Transmission: 6-speed manual transmission as standard, driving rear wheels.

Performance: Maximum speed 250kmh limited, 0-100kmh 4.9 seconds.

CO2 emissions: 295g/km.

Economy: 12.4l/100km.

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Pashmina, Luz's 'Spice of Life'

Indian cuisine has, for many years, been one of the most popular types of international cuisine around. It has been copied, simplified and reinvented to great extents, so finding something that is truly authentic – without having to go all the way to India – is quite a fete. But it has been found and it is called Pashmina, in Praia da Luz.



Both of Pashmina's resident chefs, a specialist Tandoori chef and an experienced curry chef, are native Indians, from Delhi. They belong to an elite group of chefs that can boast professional training in Delhi's most prestigious five-star hotels, amongst few of their genre in Portugal.

The extensive menu comprises the best north-Indian dishes, many of which may never have been heard of before. Pashmina signature dishes and delicacies like Afghan dishes are also featured on the menu, along with clay oven specials, house specialties, pork, chicken and lamb dishes and seafood specials, all of which are beautifully cooked and presented.

Recommended are two new dishes exclusive to Pashmina; Chicken Tikka Sesame and southern dish, Prawn Hyderabad.

The beauty of Indian cuisine is that it offers flavoursome options to suit all palates, whether your preference is sweet, creamy, spicy, rich, they are all delicious. Even though the menu comprises

mild, medium and hot dishes, not all recipes are meant to be adapted, therefore advice on what dishes best suit which palates is happily given, meaning all dishes can be enjoyed without the risk of being over hot or over-spiced to the point of losing real flavour.

Only the finest indigenous ingredients are used in Pashmina's kitchen, all of the

dishes being freshly prepared and cooked on the spot. No corners are cut. A good selection of quality wines and Indian beer complete the experience.

Dining at Pashmina is an experience that justifies its exotic name. Just like the stoles, wraps and scarves that are made of the finest quality cashmere, Pashmina offers a luxurious, warm, comfortable and

privileged environment in which to savour the finest Indian cuisine. It is a must for anyone who appreciates the real flavours of India.

Book your table now by calling: (+351) 282 789 667, 960 433 376, open daily from 12h00 – 14h30 & 18h00 – 23h00.

Located just below the church in Praia da Luz.

Take-away available.

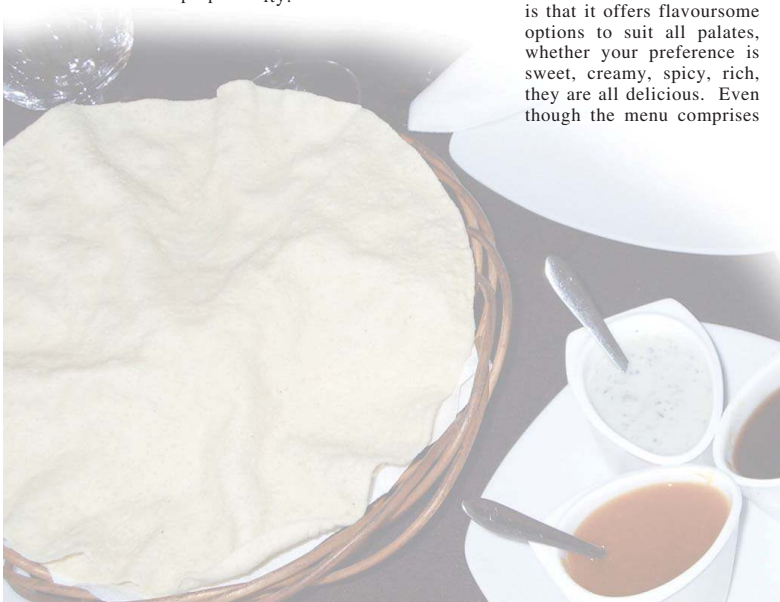


"We don't make Indian food to suit foreign palates, we make it as Indians cook and like it", said co-owner Raman Bhasin, one of four founders all of whom have considerable previous experience in the trade.

Open since March 13th, Pashmina is nestled by Praia da Luz's picturesque beachfront and has ample pri-

vate parking. It is a sought-after retreat with a clientele following that now justifies its 'reservations-necessary' status.

An elegant interior combines polished wood with deep creams and burgundies, beautifully set tables, rich linens and gleaming glassware. No expense has been spared on quality.



LIQUID NEWS

If you prefer an elegant start to the day, Dragonfly Tea's Jasmine Dragon Pearls is now available from the John Lewis Food Hall in London's Oxford Street or online at www.dragonflyteas.com, priced £5.99/50g (£7.60). This is a delicate spring tea from China's Fujian province, and truly worthy of a princess. The leaves are layered with jasmine blossoms and left till the perfume is absorbed, before being hand-rolled into a pearl shape then wrapped in silk or tissue to dry.



Start stocking up on soft drinks. Pelican Bay punch mixes could be the ideal thirst quencher.

Try Peach Mango Fizz and Strawberry Lemonade mixes. Just add water, mix with the whisk provided and add umbrella straws for a fun party feel.

For adults, add a generous splash of vodka or rum, and some fruit slices for a delicious cocktail. Each pack makes half a gallon. Also available in Key Limeade and Pineapple Passionfruit. All £4.50 (£5.70) each, from John Lewis. Visit www.johnlewis.com

Why not try a new coffee to get you going in the morning? Costa Rica Dolce is the latest offering from Union Hand-Roasted coffees and gives an exceptionally sweet cup.

It comes from the Zamorana farm in Costa Rica's volcanic San Isidro region and has soft aromas of red berries, sweet lemons, vanilla and honey. The experts recommend it as an accompaniment to a zesty grapefruit or a sweet chocolate croissant, if you're stuck for breakfast ideas.

A selection of Union Hand-Roasted coffees are available nationwide from Sainsbury's and Waitrose, from £2.59 (£3.28). The complete collection can be purchased online at www.unionroasted.com. And as the company pays in excess



of the Fairtrade premium to all the farms it works with, you can feel doubly good while you treat yourself.

Food Passion is the newest restaurant in the pretty fishing village of Alvor. Located above the bank which is just by the taxi rank, the restaurant is well situated. The side entrance leads upstairs to the stylish black, white and purple contemporary European interior. Your hosts, Andy and Karina, along with their cheerful and attentive staff, offer an international cuisine at reasonable prices. There is also a children's menu. On Fridays they serve fresh fish and chips, and Sundays a traditional roast dinner. House Specialities include roasted lamb shanks, barbecued sticky ribs, a large selection of steaks and game steaks. Look out for their forthcoming event - A wine tasting evening to launch their new winelist - which will be held on 19th April.

Restaurante Florestal is a gastronomic oasis lying within the National Forest close to the village of Barão de S. João, located between Luz and Lagos. Whilst the ambience inside the restaurant is rustic and romantic, the terrace and garden outside offer peaceful surroundings to enjoy al fresco dining at its best, with fantastic views. Your hosts, John from England and American Sharlene present a very cosmopolitan menu including their delicious Breast of Duckling, vegetarian choices and dishes with a taste of Mexico! Every

Sunday there is a special brunch from midday to 3 pm, with occasional live music and a good selection of wines. Don't forget to reserve your table!

The Cornish Range in Burgau offers a taste of Cornwall in the Algarve in their air conditioned premises or as a takeaway treat. Their range consists of traditional Cornish pasties, sausage rolls, scones and muffins, clotted cream, homemade desserts, sandwiches, 100% pure apple juice and award winning ice cream. Hmmm ... sounds delicious. Parties are catered for and they have a membership scheme for surfers and golfers.

Shanghai Chinese Restaurant offers excellent quality, and only fresh produce in all its delicious dishes from Shanghai. These regional dishes are not found in other Chinese restaurants. Your hosts Wen and Ying, along with their friendly staff give a fast and efficient service, which includes take-away. They will even prepare your favourite special Chinese dish! Just give them time to make it. However, you might like to try their Sizzling Prawns with ginger and onion or maybe Canton Spicy Duck, or how about their sweet Thailand Fried Rice. They are easy to find, on the Almancil road going to Vale do Lobo - look out for the fishpond in the front.

Restaurant guide

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LAGOS/LUZ

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Cosmopolitan menu

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Pashmina

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No Patio

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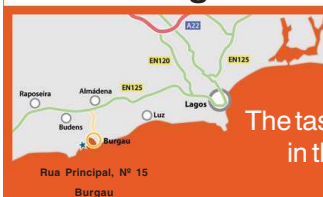
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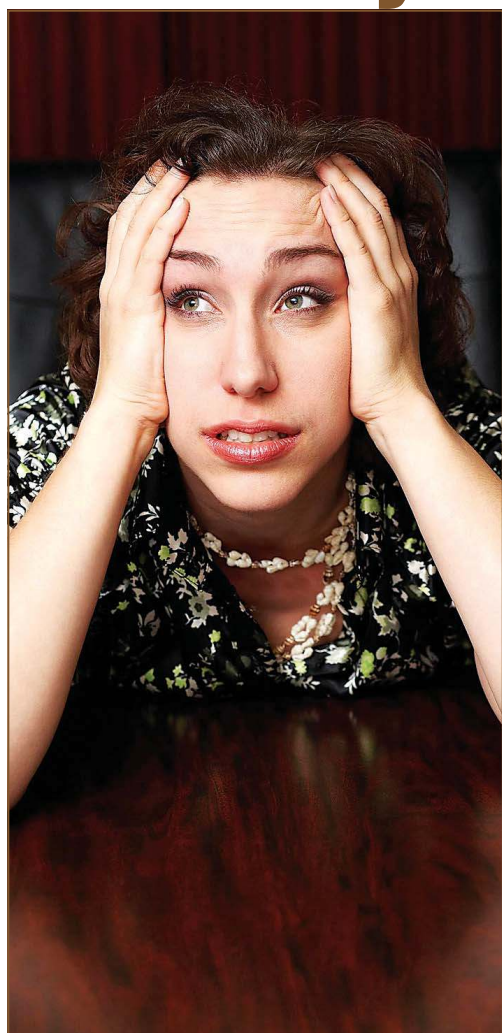
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It's infantilising women to suggest that they are puppets without will. Sexism is one piece of the puzzle, but it doesn't tell the whole story any more. (Photo: Press Association)

What women want

Why do girls do so increasingly well at school, yet men still dominate senior positions in adult life? Psychologist Susan Pinker explored this question for her new book, *The Sexual Paradox* and reveals fundamental differences between the sexes.

"If you were to predict the future on school achievement alone," according to Susan Pinker, "the world would be a matriarchy." The lady is right. Since the mid 90s in Britain alone, almost all extra university places have been taken by women. But the fact remains, men still dominate the boardrooms.

In 2005, psychologist and newspaper columnist Susan Pinker set out to discover why. Her resulting book *The Sexual Paradox* is an eye-opening read.

Whether you consider her conclusion that men and women are fundamentally different a statement of the bleeding obvious, or deeply controversial, this Canadian mother-of-three has touched on an often unacknowledged truth: that some women prefer family time to an 80-hour week.

"It's infantilising women to suggest that they are puppets without will," says Susan. "Sexism is one piece of the puzzle, but it doesn't tell the whole story any more."

Research she cites in her book shows that "about 60% of women turn down promotions or take positions with lower pay to weave flexibility or a social purpose into their work lives."

Like the scientific version of *Men Of From Mars, Women Are From Venus*, Pinker uses statistics to make her point.

"It's not that we're not wired to win," she continues. "It's just that our idea of winning is different. There's lots of evidence to support the idea that a woman's network of friends and family are more important to her happiness than status and wealth. But the idea that men and women might be different scares people."

Pinker says that during the 80s she was not alone in thinking men

and women had nearly identical brains, but had been socialised to take on different roles in a sexist and prejudiced world. "Many of us thought that if only women could tame their outdated sentimentality, then our parental roles could be reversed," she says.

But her research shows that new technology is now demonstrating this is not the case.

"Women experience an avalanche of hormones at childbirth and during nursing. These hormones prompt a desire to connect and be close with their baby and the people around them. These emotions don't vanish simply because they have to go to work."

"But there is a resistance to the idea of hormonal and neurological differences between the sexes, even if they're subtle. To people it says, biology is destiny and women should go back to the kitchen. Of course I don't believe that."

When Pinker says 'women' she is talking about the majority. "There are always going to be Hillary Clinton's," she adds. "Because 20 to 25 per cent of women are as ambitious as men. They're not home oriented. They're not what I call adaptive and won't make adjustments to their careers for the sake of other parts of their lives. "But there are already thousands of profiles on Hillary Clinton and not that many on the majority of women who choose not to live like that."

Pinker notes that among the graduating business students of America, one in three females will end up working part-time as opposed to one in ten of their male counterparts. But she doesn't attribute these figures to a lack of ambition, rather an alternative female model of success.

"Women shouldn't be treated

as second class citizens because they don't earn 15% more. We all make trade offs. If someone is working an 80-hour week they might not get home to put their baby to bed."

Very often, archaic working practices are blamed for preventing women rising to the top of their professions. But Pinker argues that offering more flexible working hours or a creche, won't always resolve some of the more basic work/life tensions.

"The working women we surveyed felt much more guilty than men about not spending time with their children as they grew up. They also consistently felt they were making a hash of their home life. I believe that's one reason certain professions like medicine, pharmacy and veterinary medicine attract women in such huge numbers. These are jobs which offer them the chance to design their own schedules and have a lot of autonomy."

Pinker came across the story of Elaine early on in her research. A high flying female executive on the 'fast track to the corner office' she refused a promotion which would put her on course to become CEO.

In the book Susan explains how, "her company provided every possible perk to promote women's success, including networked home offices so they could telecommute, flexi hours, no pressure to put in face time, an in-house dry cleaner and gym, an income supplement for a nanny, and on-site care for children." However Elaine didn't take the job.

Susan says: "Elaine said she was imposing her own glass ceiling. Even though she loved her job, she had two children settled in school who were happy, her parents were nearby and she felt that everybody's happiness was connected. In order to take the promotion she would have had to

move to another city.

"She told me, 'I don't need any more money'. Interestingly she also said that the company was keen to promote women up to that level, but all the women were turning them down because they had families. Her father-in-law was shocked and thought she had lost her mind. He was a senior executive, had had five kids and moved them all over the world. And Elaine said it took a terrible toll on his children."

Since writing her book, Pinker has been inundated with emails from women happy to hear what she's got to say.

"Women feel that they're alone making these decisions. They say things like, 'I felt my choices weren't respected. Thank you for making these points'."

Life On Mars

It's not only women who have come under the microscope. In a radical departure from traditional gender stereotypes, Pinker says that men are far more vulnerable than women.

"I've spent my life dealing with troubled boys, and I don't think people know how much evidence there is to demonstrate that this is a real problem, which is true across every culture."

She points out that men are more prone to developmental problems - like learning difficulties - and to extremes in behaviour. "Men are more likely to work extreme hours in extreme jobs and to die younger. They are more prone to almost every chronic disease than women, are more likely to die from suicide or accidents, more likely than women to get post-surgical infections, and have a shorter lifespan."

The Sexual Paradox by Susan Pinker is published by Atlantic Books. Available now Sarah O'Meara

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Flawless face

Achieve a flawless face with advice from the experts. Madonna has come under fire from critics after posing for her 10th cover of Vanity Fair. Tongues are wagging that the airbrushing elves have got a little over-enthusiastic with the 49-year-old singer's impressive picture spread in the April edition.

For celebrities and supermodels, achieving a flawless look can be easy with the help of a flattering wave of the magic airbrush wand. But for the rest of us mere mortals, simply getting our foundation just right can be a beauty battle.

"Foundation is the surest way I know to get the look of smooth, flawless skin," says international make-up artist Bobbi Brown.

"Many women think foundation is all about heavy, mask-like makeup, but it's not. There are so many great formulas to choose from and you can wear it as little or often as you need."

Picking Your Perfect Shade

Before rummaging through your make-up bag and tools, the first crucial step to achieving a flawless face is choosing the right foundation. And that isn't always easy. Girl's Aloud member Nicola Roberts felt there was such a gap in the market for make-up targeted at fair-skinned girls she created her own range, Dainty Doll, launching April 18.

Nicola says: "I've always wanted to do this line of make-up for fair skin, not just a normal make-up line, but specifically for people with the issue of not being able to find make-up for their skin colour - to enhance their colour, rather than cover it up because there's nothing out there."

From porcelain white to black skin, Bobbi has this easy check for choosing the right shade: "The best way to get a flawless finish is to make sure you find your perfect shade. Do this by swatching a few shades on the side of your face and check the

colours in natural daylight. The shade that disappears is the right one."

Preparation

If you want to do the job properly, some simple preparation on your face before applying foundation will give your face make-up a smoother finish and extra staying power. The process will be more time consuming, but so worth it.

"Prepping your face before applying foundation is the best way to ensure a flawless finish," says Bobbi.

"Cleanse your face daily with a creamy cleanser that rinses off with water, like an exfoliating face wash. This will gently slough off dead surface skin cells to smooth and even your skin texture."

"Follow with a rich moisturiser that absorbs completely into your skin to prime it for perfect make-up application."

TRY: Bobbi Brown Hydrating Face Cream, (www.bobbibrown.co.uk); Clarins Instant Light Complexion Perfector, Rimmel Recover Perfect Skin, Benefit That Gal Primer, (www.benefitcosmetics.co.uk); Lancome La Base Pro Perfecting Make Up Primer, (www.lancome.co.uk); Mac Prep + Prime Skin (www.maccosmetics.co.uk).

Application

Foundation blunders are all too common. Most women have been found guilty of the dreaded two-tone chin syndrome at least once in their life. Put mistakes in the past with Bobbi's top tips for applying foundation like a professional.

1. Apply foundation directly onto the face - dot it all over - and

use fingers or a disposable makeup sponge to blend it in.

2. Apply to the entire face, or just in spots that need a little coverage or evening out.

3. Do not apply foundation to your neck. The shade of your face and your neck should be the same if you've chosen the correct foundation shade.

4. If you have oily skin use an oil-control lotion in your T-zone before applying, and using a puff, apply an oil-free powder on top of your foundation.

5. For those with combination skin, use an oil-control lotion on the parts that are oily, and moisturiser on drier areas, before applying foundation.

Flawless Finish

So how do you know if you've achieved that elusive flawless finish?

"The right foundation should make you look like you're not wearing any - just like you naturally have even, perfect skin," Bobbi advises.

"Over the years as a working make-up artist, I've learned that yellow-toned foundation, not pinkish, looks the most natural on all skin tones."

If you're thinking of investing in a new foundation, go for one which suits your skin tone and lifestyle.

"Choose the formula that best fits your skin's needs and your personal preferences," Bobbi recommends. "You will probably need one shade for the winter and a slightly darker one for the spring and summer. Liquid foundations tend to be lightweight with sheer coverage and cream formulas are a little heavier with more coverage."

TRY: Tigi Wipe Out Concealer, (www.tigihaircare.com);



Foundation is the surest way to get the look of smooth, flawless skin. (Photo: Press Association)

The Body Shop Skin Protecting Flawless Concealer, and Flawless Foundation SPF25, Bobbi Brown Moisturising Cream Compact Foundation, (www.bobbibrown.co.uk); Clinique Almost Powder Makeup SPF15, (www.clinique.co.uk); Darphin Softening Foundation, Prestige Creme to Powder, Boots nationwide.

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Apply foundation directly onto the face - dot it all over - and use fingers or a disposable makeup sponge to blend it in. (Photo: Press Association)

Beauty spots

Beauty secret

It may not be a guaranteed elixir of youth but Beauty spring water apparently improves your skin. Praventin, a pure natural ingredient, is said to reduce the bacteria that causes blemishes for a smoother, more radiant complexion. We can't promise instant results but the bottle is rather beautiful itself and water tastes good too!

Eye Lifting

Avon's ANEW Clinical Eye Lift is making waves in the anti ageing skincare market on both sides of the Atlantic. Last year, the dual formula treatment was officially the best selling eye cream in the US and in the UK one pot is sold every 44 seconds. Each £15 miracle pot is said to deliver a triple lift: upper eye, under eye and brow bone. Available at www.avonshop.co.uk.

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Annual Promise Dreams Golf Day at Parque da Floresta

Vigia's award-winning Parque da Floresta Golf and Leisure Resort will once again play host to the annual Promise Dreams golf day.

The event takes place on the 24th-27th April bringing together a host of legends from the world of football, including former England and Wolverhampton Wanderers star, Steve Bull MBE, former Wolverhampton Wanderers players, Don Goodman and Robbie Dennison, plus friends and supporters of the Wolverhampton based charity, Promise Dreams, looking to raise much needed funds.

Organised in conjunction with Steve Bull Events, approximately 100 Guests will be attending the fun filled weekend, looking to raise money and some smiles along the way, for some of the poorly children that Promise Dreams help each year.

Suresh Bawa, Charity Trustee of Promise Dreams, said, "I am overwhelmed by the fantastic support the charity receives at this annual trip, and it is a testament to the friends and supporters of Promise Dreams that help make events like this so successful".

All proceeds from the event will go to the national registered charity, who are dedicated to helping make dreams come true for seriously and terminally ill children.

The competition, a three-quarter handicap stableford, will take place over the imaginatively designed 18 hole par 71 golf course at Parque da Floresta. Set in the western Al-

garve, amongst rolling hills, golden beaches, timeless fishing villages and unspoilt countryside, Parque da Floresta is an established hidden gem in the Western Algarve.

If you would like to help raise funds or require further information on the event, please contact Beverley Bird Charity manager, 01902 378595 or email beverley.bird@promisedreams.co.uk



Promise Dreams is a national registered children's charity that makes treasured dreams a reality for seriously and terminally ill children across the country. There is no limit to a child's imagination,

which is why the charity does not limit the dreams that it will help with. Whether the child would like a new toy, some medical equipment, a family holiday or even the chance to meet their favourite celebrity while they still can Promise Dreams is committed to help.

Registered Charity no: 1086020

For more information visit our website www.promise-dreams.co.uk

Bicentenary Celebrations of the French Invasions in Iberia

Battle Dinner 2: From Corunna to Buçaco - Saturday 26th April. 6.30pm. Talk and buffet (cold dishes, soup, hot dishes, desserts, wine, soft drinks and coffee) at the Vila Galé Hotel, Tavira. Tickets €25 (please book and pay €12 deposit by 19th April).

After the notorious Convention of Sintra, which led to a court of inquiry into the behaviour of the future Duke of Wellington, command of the army devolved on Sir John Moore. He led the army to a famous Dun-

kirk type operation (the British called it a victory!) at Corunna, where he was killed. Returning from Britain, Sir Arthur Wellesley took up his winning ways again at Porto and Talavera, before fighting in the

next year one of his masterpiece battles at Buçaco.

Find out on 26 April how the British conducted yet another retreat, and still managed to call it a victory! Here we have the future 'Iron Duke' in the process of earning his considerable reputation. This is the second in Peter Booker's series of presentations on the Peninsular Wars, in this Bicentennial of Britain's participation in the Peninsular Wars here in Iberia.

Information/reservations : tavira.subdirector@vilagale.pt
Tel: 281 329 900
lynnne.booker@iol.pt Tel: 281 971 567.

Finals Day at Santo António Bowls Club, Alvor

Having attained its fair share of inter-club success recently, the Santo Antonio Bowls Club at Alvor focussed its attention last week to its domestic programme and the culmination of its club competitions.



Last October 56 members made 248 entries into 9 tournaments to run currently over a 5 month period. Every round of every event was individually drawn and programmed with a view to creating as good a social atmosphere and competitive spirit as was possible throughout. Sadly, due to a family bereavement, the Ladies Singles was abandoned at the semi-final stage, but come 'The Day', 7 ladies and 11 men were left to contest the medals and prizes on offer.

To ease the pressure on certain players, the first game, the Championship Pairs, took place on Friday afternoon. John and Chrissie Laskey were into their stride early on and maintained the pressure to beat John Jones and John Palinski by 25 shots to 19.

Next morning the Drawn Pairs was first up and a little over 3 hours of intense pressure later, Greg Fish and Frances Reynolds emerged winners by 19-18. Although their opponents, Seamus Montgomery and Ken Nelms won 12 of the 21 ends, a dropped 6 at the 14th was too much to claw back.

Whilst this was going on, the Fixed Jack event was a 'nip and tuck' affair for the first 16 ends, before Sheila Rapsey stormed away to beat Peter Cain by a very impressive 113-87.

The Mens Singles was a repeat of last year's contest with John Laskey and Alan Reynolds going head to head once again. Despite Alan's early lead, John hit back to win 8 consecutive ends and avenge the 2007 result by 21-12.

Next up, it was girls against boys. Here again, Margaret Penrose and Pauline Wilson scored on 8 consecutive ends to overtake and defeat Jack Pendley and Ron Richards by 19-12 in the Two Wood Pairs.

The afternoon session got underway in earnest with the Two Wood Singles. Here Cath Webb had the best of the first 12 ends before Paul Johnson closed the game down to win by 21-11.

Two rinks away it was a similar story in the Handicap Singles with the lady, Angie Fish, dominating the early exchanges, but then appearing to run out of steam as John Jones came from

behind to record a 21-16 victory.

And finally the Conjugal Pairs, traditionally the last event on Finals Day and, as usual, a good contest in prospect this year between the Laskeys and the Reynolds. Not perhaps as exciting a game as these two pairs have put together in the past, but certainly another fine performance from John and Chrissie. Although both teams won the same number of ends, they scored more heavily than Alan and Frances and ran out comfortable winners by 20-12.

The sun had shone throughout, play had been continuous, contestants and spectators had enjoyed a complimentary lunch by courtesy of the management, and the beer was half-price all day. The overall winner had been bowls and Santo Antonio had demonstrated why it is most certainly the best club on the Algarve, and probably the best club in Portugal.

Let's Walk from Pereira

Saturday 12th & Monday 14th April

A walk through countryside that still retains traditional charm - moderately easy with no real climbs and through countryside that sees no visitors! What is under threat is the tranquility of this area from the new race track that is being built close by - come and enjoy the area while you can!

10.30 start - meet at the cafe Gonçalves in Pereira. Leave the A22 at the Odiáxere / Mx Grande exit and when you arrive at the EN125 turn right for Odiáxere and after 500m turn right again for Arão. Follow this road for 8.5km when you arrive in Pereira with the cafe on the right (by a junction).

All welcome, no need to book please just come along with a sense of humour. There is a small charge which includes a donation to charity. If you need any further information please contact: Julie Statham: 965 753 033

Irish Spring Flowers Walk

Saturday April 26th 10.30am

This has always proved a particularly beautiful and interesting walk along the coastline when the wild Spring flowers are at their colourful best.

Directions: Proceed along the A22 motorway to the western end (which heads north to Aljezur and Lisboa). At the end, it joins the EN120. Keep going north for about 20km, and just before you come to Aljezur there is a road to the LEFT with signs for Monte Clerigo and Arrifana. About 1km up a steep hill is a T junction - turn RIGHT towards Monte Clerigo. Proceed until you come to a new housing area on the RIGHT, and we meet at the car park on the right just before the new houses.

Meeting time 10.30. Walk time approx. 2 hours Lunch will be available afterwards.

For more info call Jim 282 431 595. or John O'Neill 969 459 029

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There are many misconceptions when it comes to the beauty industry. Beauty Therapist's are all frivolous blondes... wrong! Treatments are for people with piles of cash... wrong! Treatments are only for 'beautiful people'... wrong! Treatments are only for women... WRONG!

The beauty industry has been dominated by women for many years. The mass of press and publicity surrounding the beauty industry is without doubt directed towards women,

and this has encouraged beauty salons to target the female clientele because it's easier for them to attract a market that is already aware, interested and listening. In doing so, and unintentionally,

beauty salons' created treatment environments that would appeal to only women and have thus made entering a beauty salon an intimidating experience for even the most metrosexual male.

It is not only salons that we should be blaming for creating this image, product companies have also contributed to this female dominated industry. Companies like Decleor and Clarins have always packaged their products to make them more aesthetically pleasing to women. When such companies became aware of the male potential they quickly launched their 'Men's Range' of products with little or no advertising, which subsequently meant that beauty salons would buy in the products but because of a lack of demand they would push them to the back of their femininely arranged display units.

Change takes time and if you're a frequent salon goer don't suddenly expect to be fighting for your next appointment slot with the guy who works opposite you in the office or the local butcher... but don't be surprised if at some point you over hear two guys talking about their last facial.

As a beauty and skin care therapist I have seen this change occurring over the last 3 years but it is suddenly shifting up a gear. During the summer months in my salon in Lagos I see as many men as I do women, and it's not always what you may think. I quite often have men coming in to the salon alone, and maybe even in a group... not just because they are being dragged in by their wives!

The inaccuracies about the beauty industry are being challenged. It isn't just 16 year old girls that go to college to become 'beauticians' anymore, older women looking for a career change and men are attending courses in beauty and holistic

therapies. This has resulted in the serious side of beauty treatments and products being laid out for all to see.

A manicure is no longer just about the 'perfect polish' it's about healthy nails; a monthly facial is more about long term benefits than a quick fix. Treatments are not just about pampering anymore, they're about the benefits, the results and men want to be a part of this.

Another important part of this change... David Beckham. Love him or hate him... he looks good and most women will admit this. Although men may not say it out loud they too will agree. David Beckham look's like he takes care of his skin, his hair, his nails and he looks all the better for it. He is a 'metrosexual' male. Don't panic, there's not going to be a sarong shortage... but men are beginning to realise that they too can benefit from beauty treatments and products.

Professional products companies are also changing tact. Take Dermalogica for example, one of the only brands that I know of that don't just target women. They have always used plain and simple 'unisex' designed packaging and it works.

Male clients in our salon should not feel embarrassed about buying a Dermalogica Moisturiser, why, because it's in a grey box with white writing and it doesn't have the words 'beauty' or 'perfectly glowing skin' anywhere in sight. Other companies are also taking a similar approach; most have expanded their current Men's range and have put much more thought into their advertising and marketing campaigns.

It's an interesting time for the beauty industry and for every 'female only spa' that remains there is a new 'male grooming centre' opening. So if you're wife asks if you fancy joining her for her next trip to the beauty salon, or if your husband asks if he can try your moisturiser don't be surprised. Men have suddenly realised what they've been missing out on and they've got some catching up to do!

Suzie Bell, Senses... skin care centre, Lagos. www.senses-skincare.com



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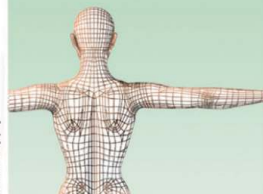
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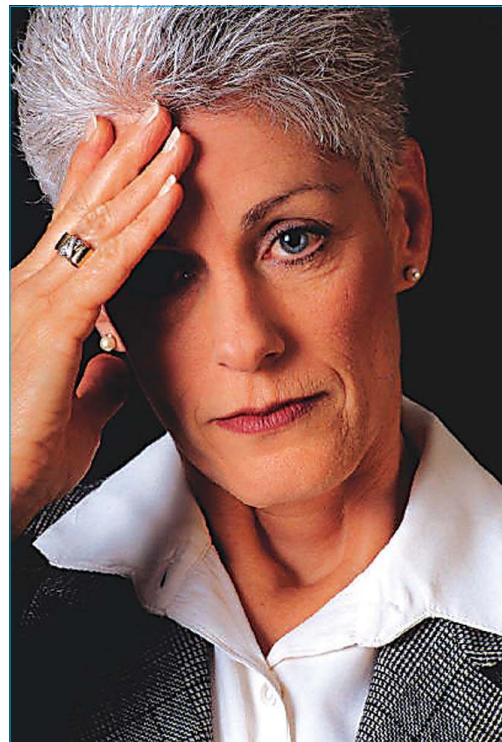
Trainer in Portugal. Established in US for 25 years, TFT is rapidly spreading throughout the world and is hailed by many as 'the power therapy of the 21st century'.

Listed amongst TFT's greatest successes is its use in some of the world's most troubled areas, for instance the relief of emotional turmoil resulting from war in Kosova, the horrors of genocide in Rwanda, the wave of shock and grief after 9/11, the despair caused by hurricane Katrina in New Orleans, the terrorist attack on the US Embassy in Nairobi, flood victims in Tabasco, Mexico, malaria and AIDS victims and their families in Uganda. The list continues to grow as TFT is accepted by relief agencies and governments as being the most effective and rapid treatment available.

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of their lives and begin appreciating every day whilst looking forward to a brighter future – a prospect we all relish.

Alison has also developed a unique and sensitive programme of support for those living with

serious illness, extending the care to their close relatives, carers and friends. "Many years ago I did some of my Counselling training in a hospice in the UK and this gave me an excellent understanding of the emotional distress ex-

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perienced by the terminally ill and their loved ones.

"I also worked with AIDS victims for two years and, whilst I'm please with what I achieved, I know that if I'd had my current skills set then, the difference I could have made would have been truly amazing."

Now that Alison has established a successful practise, she intends to share her knowledge by teaching others how to incorporate TFT into their professional

lives and by offering certificated courses to other health practitioners.

In addition and of more interest to most of us, Alison will provide workshops and training courses that are aimed at individuals who would like to learn TFT for use in their personal and family lives—imagine being proficient in a technique that will alleviate suffering that you are able to use with your friends and family. It will be possible for this latter

group to gain a certificate on production of relevant case studies and a little further training.

Alison also goes into companies where stress is affecting the work force and she teaches the employees how to alleviate their stress using TFT; this approach is proving invaluable to many employers who recognise just how much stress related illness is affecting productivity, the financial implications are obvious!

An added benefit of this stress

Frequently asked questions:

Q. What is TFT?

A. In a nutshell, TFT stands for Thought Field Therapy and basically it is a rapid, non-invasive and totally safe treatment for emotional and physical problems and it works by tapping with the fingers on the body's acupressure points.

Q. What sort of problems do you help people with?

A. Practically every kind of emotional upset and some physical problems, so I can assist Clients that have been struggling with depression, grief, addiction, fears, phobias, stress, anxiety, panic attacks and the horrors of trauma for many years. They feel so much better almost instantly and the effects continue to build, enabling them to take back control of their lives and begin appreciating every day. Very quickly they start looking forward to a brighter future – a prospect we all relish.

Q. And what about the physical problems?

A. Initially, TFT was developed to alleviate emotional issues but it was quickly discovered that our treatment for stress brought down High Blood Pressure and the muscles began to relax, releasing tension throughout

the body and helping with movement and joint pain. A treatment for physical pain was developed and has been adopted by so many people who previously had to rely on prescription drugs. I have a treatment for migraine headaches, jetlag, restricted movement, and many more. Clinical trails are taking place with regard to new discoveries and these relate to very serious illnesses and conditions. Information about these discoveries is in the public domain and much of it is available at www.tftx.com

Q. Is TFT the only therapy you use?

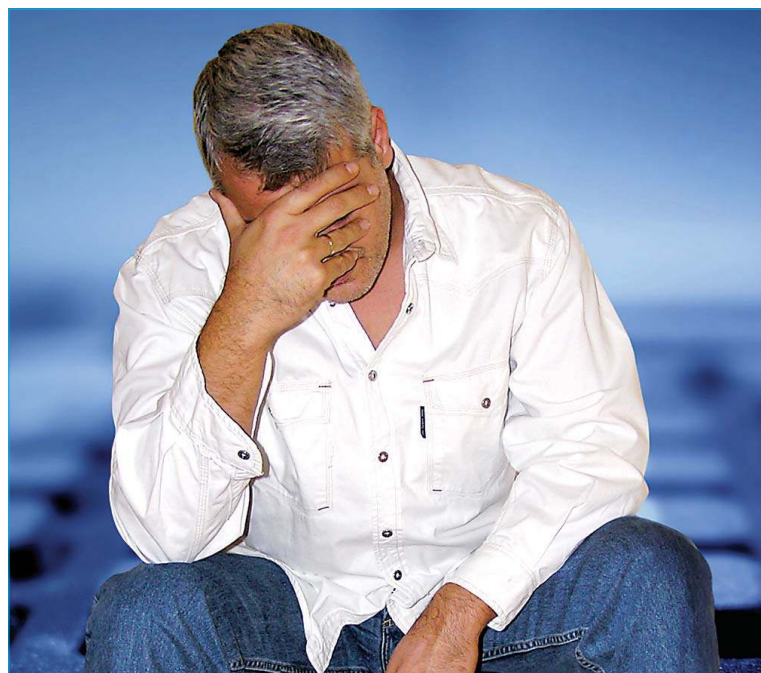
A. No. I use a mixture of therapies all of which I am qualified to deliver and some I am qualified to teach. During the initial consultation with a client, I ascertain what therapeutic approach will be appropriate and discuss my suggestions with the client. We decide together what feels right and, if necessary, we adapt as we progress. Hypnotherapy for instance is something that doesn't always appeal to clients, it's a very personal choice and I respect that. NLP challenges perception and encourages change but sometimes clients aren't ready for that challenge and require another form of intervention.

Q. Do you work with children and animals?

A. Despite the old adage never to do so; I work with anyone who needs my help. Often that includes children and sometimes distressed pets. My success with animals is proof that you don't have to believe in the treatment – it works anyway. There seems to be a growing number of children with attention deficit disorder and TFT has proven very effective at improving concentration levels, calming over activity, improving achievement and de-stressing parents and siblings. I have a toxin testing technique which helps identify individual energy toxins which are responsible for a lot of behavioural problems in adults, children and even animals.

Q. How much do you charge?

A. I charge €70 at my Albufeira clinic. I charge €60 at my Espiche clinic. I charge €320 for smoking cessation a large part of which goes to charity. You may be able to see a traditional counsellor or €45 - €55, but you will probably have to visit that counsellor for several weeks if not months which makes the overall cost much more in both time and money. Having been a traditional counsellor for many years, I recognise the benefits of today's more powerful techniques.



relief technique is the lowering of blood pressure, a positive effect that will be relevant for many people. Another extraordinary application of TFT is the treatment of animals and there are some wonderful practitioners dedicating themselves entirely to this field, but sadly not in Portugal.

Alison does not profess to be an expert in animal work but nevertheless has achieved some noteworthy successes, particularly where the owner is keenly attuned to their pet. Delivering TFT to animals requires the use of a surrogate in most instances. The positive results are further proof that your belief system has no effect on the outcome, TFT works whether you believe in it or not!

Another therapeutic approach that Alison is qualified to deliver is Neuro Linguistic Programming (NLP) which has been available in Portugal for several years now. She has joined forces with a Licensed Master Practitioner and Certified Trainer Janis

Hough of 'Train your Brain' in UK and together they will be delivering NLP Practitioner courses here in the Algarve from mid September.

Also, from this coming May, they will be running weight loss weekends which incorporate both NLP and TFT processes which enable participants to lose their unwanted kilos. You can learn about these opportunities in the Portugal News as

and when they are on offer or by visiting Alison's website: www.mind-over-matters.com.

If you would like to know more about TFT or about the wonderful work that the Association for TFT is achieving throughout the world, please visit: www.tftx.com and www.atft.org Alison has clinics in Espiche and Albufeira. To arrange an appointment please call 964951570 or email alison@mind-over-matters.com

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Win a stay at the award-winning London Marriott West India Quay Hotel

To celebrate the London Marriott West India Quay Hotel winning the Gold accolade for 'Outstanding Customer Service' in the prestigious 2007 Visit London Awards, the hotel is offering one lucky reader and a guest the opportunity to enjoy a one night weekend stay with full English breakfast in a double or twin guestroom.

The hotel is firmly established as the leading five-star hotel in Canary Wharf and is perfectly situated for a weekend break. Not only does the hotel offer superb value weekend rates, which start from only £119 per room per night, but it is in an excellent location for exploring the many sights and attractions of Canary Wharf, Docklands and Greenwich.

While there is much to see and do nearby, excellent transport connections mean that Bond Street and the West End are only a 15-minute journey by underground.

Shopping in Canary Wharf is a Londoner's insider secret, as it offers a more intimate and exclusive shopping experience. Shopaholics can enjoy the huge choice of fashion boutiques in the area, including Whistles and Hackett, jewellery shops such as Links of London, and the cult beauty store Space NK.

For those looking to hold a special birthday or wedding, the London Marriott West India Quay Hotel boasts 14 sumptuous banqueting rooms. The hotel regularly hosts cocktail receptions for up to 300 guests and prides itself on its excellent

themed events and private dinners. Hugely successful themes which have been held at the hotel include the Wizard of Oz and a James Bond Extravaganza.

Curve Restaurant & Bar, which holds one AA Rosette, serves a delicious fish and seafood menu, with produce sourced from the neighbouring Billingsgate Fish Market. The menus are overseen by the Executive Chef, Chef Jolly, who is always delighted to discuss individual menus with guests, including those with special dietary requirements. The lively Manhattan Bar is the perfect

place to enjoy Champagne or cocktails.

Both Curve and the Manhattan Bar are regularly frequented by those visiting The O2, as the hotel is the closest five-star hotel to this entertainment venue where high profile concerts have been held by Take That, Justin Timberlake, Prince and Led Zeppelin.

The London Marriott West India Quay Hotel is a striking 32 storey glass and stainless steel building which has a dramatic curved shape. Many of the luxurious bedrooms at the hotel offer breathtaking views over the



Go to Google Earth, type in: Marriott West India quay london, and then left click on the search button, for a 3D view of the hotel and surrounding area.

Thames and the City. The 22 suites are spacious and luxurious and have floor-to-ceiling glass walls on two sides which provide spectacular views across the London skyline.

To enter this fabulous competition please answer the following question and e-mail your answer, name, and contact telephone number to: prize@the-news.net

(Entries must be received by 15th May 2008.)

Question: What award did the London Marriott West India Quay win in the Visit London Awards?

Terms and Conditions:

* The prize is for a two night weekend stay with full English breakfast and is based on two

people sharing a double or twin room.

* The travel card is valid for one day of the stay only, and includes a zone 1 and 2 travel card for the London Underground.

* The prize is subject to availability.

* The prize is valid until 30 November 2008.

* Any extras such as telephone calls and travel are not included.

* The prize is non transferable and no cash alternative is available.

* No correspondence must be entered into.

London Marriott West India Quay Hotel, 22, Hertsmere Road, Canary Wharf, London E14 4ED, England.

Tel: 00 44 (0)20 7093 1000 or see their website: www.londonmarriottwestindiaquay.co.uk

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- * medical cover - up to £5 million
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- * emergency cash transfer facility - up to £500

Gold - with the enhanced benefits of annual Gold TravelCover you are covered for up to 91 days at a time, for a total of 183 days in each insurance period including up to 21 days winter sports cover. Your upgraded cover includes:

- * medical cover - up to £15 million
- * personal baggage loss - up to £2,500 (single item limit £750)
- * trip cancellation/cutting short the trip - £10,000
- * emergency cash transfer facility - up to £500
- * family members covered can travel independently

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Mountain mission in Meribel

Discovering the joys of a ski holiday, on and off the slopes.

The first morning of a ski holiday can feel like you're preparing for a military operation. Lift pass? Check. Goggles? Check. Mobilephone? Check. Ski poles? Check. Gloves? Check. Sunblock? Check. And if, like me, you're on a mission, sorry, holiday with a small child, multiply all that by two. One oversight and you could be facing disaster - burnt face, frostbitten fingers, sore eyes, hissy fit and a whole heap of frustration.

Imagine you then had to make your way to a bus stop to catch the local shuttle and you could feel exhausted before you'd even hit the slopes.

Thankfully our tour operator Meriski (who have been arranging ski holidays in Meribel for 23 years) seem to have thought of this. They scoop you and your little ones up each morning from your chalet - even loading your skis, poles and helmets into the minibus ... and then drop you off right by the lifts.

They think of everything. The coach transfer from Lyon airport to Meribel in the French Alps takes about two hours, but children were instantly entertained with DVDs. And free cakes, fruit

and drinks meant an instant credit on the parental hassle-ometer.

We checked into the eight-bed Le Ruisseau chalet, which is all rustic charm and has amazing views of the valley. We'd given all our boot and ski details when we booked, so after tea and more cake, we nipped off in the Meriski minibus to collect them at the local ski shop.

One of the great things about Meribel is it has a great lift hub. The Chaudanne meeting point has gondolas that whisk you up both sides of the valley and onto the vast 600km of groomed pistes that make up the Three Valley ski area beyond. It's the world's largest linked ski zone, taking in Val Thorens, La Tania and Courchevel to name just a few. Boredom doesn't get a look-in here. Frankly, if you're tired of the Three Valleys, you're tired of skiing.

Olivia, my four-year-old, was booked in for lessons with Magic In Motion, a ski school run by an Englishwoman and with international tutors. The meeting place was right by the lifts, so no sooner had I left her, than I was off up the hill with my own instructor, Fabrice. "Just call me Fab," he grinned with customary Gallic charm. Fab indeed!



Inside a Meriski chalet.



A Meriski chalet.

creche nannies came to collect her while she still had the energy to stand and whisked her off for more fun for the rest of the afternoon - this time building a snowman and baking biscuits. While I was free to paint another rainbow of runs with my friends all the way across to Courchevel.

Meriski runs a pick-up shuttle service from the Chaudanne meeting point from 4pm, which means you don't have to worry about how you're getting back to your chalet and they also deliver the children back at about five.

Our Australian cook Nick gave Olivia and her little chums their tea soon after that. And for me ... Heavenly Thai broth and Parma ham and mozzarella canapes were followed by cauliflower and almond soup, duck on puy lentils with a cider reduction and then a divine citrus salad with mint and crème fraiche. Could it get any better?

Surprisingly yes. Pamper Off Piste, a mobile massage service, arrived to remove aches and pains. Physio Kate brought my aching limbs back to life and woke me up after the soothing experience.

Now, could it get any better? Er, yes. After much talk of climate change and lack of snow last season, that night it snowed. And it snowed. In fact one of our shuttle drivers told us next morning, "This is the most snow they've had here in one go since 1998."

To be honest it was probably more than we needed, but it did mean Fabulous Fab was able to teach me how to ski in deep powder snow - but on red runs, not off piste!

In the afternoon I skied with Phil, the Meriski ski host, who will guide you round the mountain for no charge. For the retired former policeman, this is clearly a labour of love. Off we went to the Courchevel side, to ski Creux, a great red run.

The heavy snow had meant some pistes were closed and those that were open were there-

fore unduly popular and with so much traffic they were soon very bumpy, but that's an extra challenge and something to talk about over supper.

Rosy-cheeked children tucked up in bed, adults dining on four courses and fine wines, a roaring fire lighting up the chalet and a snowy canopy on the pines outside, it was heaven on a hillside.

By the end of the week Olivia could ski a blue run, I could ski powder and demolish four-course dinners, barely moving a (toned) muscle. Mission accomplished.

TRAVEL FACTS

Ann Bird was a guest of Meriski which offers low season weeks from £550/€690 this season, peaking at £1,500/€1,880 per person, in ten authentic, catered chalets sleeping from two to 16-plus people. Flights or transfers extra, enabling guests to use low-cost flights from regional airports or go by car if preferred. Prices include seven nights' chalet board accom (i.e. eat out one night to give staff a night off). A four-course meal is freshly prepared each evening for both adults and children, with pre-dinner glass of bubbly and canapes and choice of wines with dinner.

Meriski reservations: 00 44 (0)1285 648518 or sales@meriski.co.uk

Ann Bird



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Off we went, notching up a rainbow of runs - blues, greens, reds and it wasn't even coffee time. A little later, having waved adieu to Fab, I caught up with Olivia at the top of the Rhodos gondola on the nursery, where she'd been perfecting her snowploughs. Such was her progress (she'd skied for a week previously) she was able to ski with me all the way down a green run to the Chaudanne hub. Her face beamed with excitement, while my heart swelled with pride and that manic beating from maternal anxiety eased just a little.

Time for lunch? Not a hope. She wanted to go up and do it all again. Thankfully the Meriski

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Water Trials 2008



We have finally found the date for the first Water Trials of 2008. It does not give anyone a lot of training time this year!

They are judged on: How the dog observes the object submerging, the capacity to hold it's breathe when diving and how the dog dives, depth reached and finding the object under water.

For further details on the training involved for Water Trials please contact Laura on 919 551 614, she is far better qualified in the finer details of these trials than I am.

Seeing our Waterdogs doing the Water Trials is fantastic, it is what they were bred to do, they were not bred to be show dogs,

but to work with the fishermen and the boats - hence Cleo's habit of retrieving boats for me - it just comes naturally. I just wish I was younger and fitter and could do this with mine, but I have to accept my limitations. Remember that the Portuguese Water Dog is allowed on the beach all year as it is a Fisherman's working dog!! Must remind Cleo and Merlin of that!

Protect your pet with knowledge

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Search for a Rescue Greyhound

Does anyone know of a Greyhound wanting a wonderful home with a person who has owned them for years and understands them. If so please telephone Tony on 919095033. I do hope he finds one, they are a fabulous breed and a joy to be with.

Protect your pet with knowledge

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The Leader of the Pack

The hierarchical structure of the dog world is something that I am not an expert on. I know the basics and have put them into practice as our dog family has grown.

When we moved over nearly 4 years ago, we brought Maisie, our Bearded Collie, with us (now 12½ years old). Within the year we gained our German Shepherd cross called Jess (now 3½). Upon Jess' arrival we made sure that Maisie was fed first etc. reinforcing her place above Jess and below us! Maisie and Jess have always got on really well, they have fitted in with the family well and all of us live in harmony (except for children's tantrums that is!)

A year ago we were joined by Zozzy Longlegs, a male Great Dane crossed with I do not know what, my husband says that Zozzy looks like Hector from Hectors House! Initially Zozzy's arrival upset the apple cart completely. He bounded in with no respect for anyone or anything and on numerous occasions was threatened with rehoming. My children didn't like him, his size being the main problem. But over time he has learnt his place, it has been a long slog but he has learnt, he is a very slow learner, but even this week he has learnt to sit and wait for his food until I have put it down and moved away. This is a giant step for Zozzy the gannet!

Even with Zozzy's puppyhood behaviour, it has actually been plain sailing. The boys are getting on with him now and enjoy him going with them on their bike rides.

But it is not Zozzy's behaviour which has caused the problems. On 29th February we witnessed a frightening occurrence. My husband and I (sound like the queen don't I) had just returned home when all hell broke loose, lots of barking and growling. We turned around to find our old girl, Maisie, pinned to the floor by Jess. We intervened and called Jess off, Maisie just laid there motionless - to say that I was worried was an understatement!

I went over to her and within possibly only a few seconds she sat up and gave me a lick - thankfully she was OK.

We hoped, naively, that this was the last of it and for a while we kept them separated when we left them in the garden, when in the house Maisie seemed to be top dog, it appeared to be the garden that was the war zone.

This behaviour has continued and occurred several more times, each time we have intervened, hoping that we, as the pack leaders, can control it. We have spoken to friends who have got kennels and an in depth knowledge of the hierarchy in the dog world. They have explained that Jess has obviously decided that Maisie is too old to continue as pack leader and needs to hand over her crown to Jess. Breeder friends have told us that, however hard, we are going to have to stand back and not intervene. They have said that they will not kill each other but that Jess will forcefully get Maisie to submit, and Maisie being the softie that she is will bow out gracefully. This is a very hard thing to do, but this is what happens in the wild, in wolf and wild dog packs, and the domestic pooch is not far removed.

I know that I am unable to give you too much in depth information on the matter but hopefully just sharing the experience may help someone. There are professionals out there who have done the training and are very knowledgeable on the subject. If you need advice on who to call then do not hesitate to contact us.

Protect your pets with knowledge.

Copyright Paws4Pets 2008
Julie Pickering

I have now received notification of the first of this seasons Water Trials. Sunday 29th April in Portimão. The Beauty Contest is at Praça Manuel Teixeira Gomes - starting a 10am. However, by experience they never do start at 10am, usually nearer 11am!! Last year this was down at the River's Edge in Portimão, presumably this will be the same. Just look for a ring and some people with Waterdogs - they really are usually very easy to find! After the beauty contest they move down to an area near the Marina, a short car drive away. This is NOT the town Marina. Again just look for water Dogs and people in wet suits. Please note that it is a pretty long walk so take the car, there is parking when you get there. For all people new to the Algarve and the Water Trials I will add the details below.

The First Test is to cover the swimming ability - this involves your dog following you (yes, I am afraid we people have to get wet!)

as you swim around the previously placed buoys. As the dogs improve and move up the classes that swim is increased to a specific timed swim.

They are judged on: How the dog enters the water and the speed obtained, this will be clocked and recorded, the style of swimming.

The Second Test is the retrieve. The dog is sat beside you an object (provided by the Judge) is thrown, the dog must swim out, retrieve and return to you, sitting on your left hand side.

They are judged on: How the dog observes the throw and 'remembers' its location, how the dog retrieves, which should be fast and decisive, and how the dog brings back the object and how fast.

The Third Test is the dive. This can be the real challenge. You stand in the water, throw a weighted object, the dog must dive to get it, and the head must go right under the water

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Hello, I am **Petrushka**, very curious little female cat! I was suppose to go to Norway but I will stay in Portugal, my mummy has to go and she can not take me with her! I am less than 1 year old, I've been spayed, fully vaccinated and microchip. I am looking for a nice loving home with a warm bed! Come and visit me. Call Valérie **913 860 865**

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Let's go ride a bike

Teaching your kids to cycle is not as easy as riding a bike - particularly as stabilisers can actually slow their progress. We find out about a new crop of training bikes which have no pedals and no brakes, but which could have your tiny tot on wheels in no time.

Facts

Learner bikes date back to the 1990s and have their origins in the velocipede, invented in the early 19th century, which gave walkers the ability to travel quicker on a simple machine of two wheels connected by a frame.

So it's really a step back in time with this new breed of bike. Strip away the pedals and brakes to offer a new way of teaching kids to ride, but stabilisers have been around forever, and they've taught a generation or two perfectly well....or did they?

Learner bikes, also known as balance bikes or running bikes all have one aim in common, that is to teach kids how to find their centre of gravity and to assist this are all powered by the legs, with no pedals on any model and have lightweight frames.

As an increasing number of brands try to establish themselves in this growing market we're seeing some trying to differentiate themselves with more than fancy paint jobs with single brakes and kickstands. Every model pushes kids to use their legs as stabilisers.

Andy Loveland, creator of the Early Rider Learner Bike believes that traditional stabilisers offer no benefit in learning to ride: "They basically force kids to keep their feet off the ground making it very easy for them to topple over."

"It can actually put back the age kids can really learn to ride. Many bikes with metal frames are too heavy

"Learner bikes, with their lightweight frames, small size and ease of control are simply better equipped to teach a child to ride."

If it isn't any fun, kids aren't interested, learner bikes mean they can just jump on and they're off and you can get them moving from as young as two years of age where you can start to coerce their natural ability. It is of course all very healthy, tires out kids and teaches them to look out around them.

Andy Loveland actually believes they are not only a better way to learn, but also safer. Andy says: "A good learner bike is much better equipped to teach a child to ride, pushing the bike along with the legs comes naturally as does braking with their feet."

"And having no pedals is one less thing for a child to worry or think about. Learner bikes usually have restricted steering which greatly reduces the chance of a child getting into trouble."

"The children soon realise this and they will begin to speed up which in turn makes balancing a bike easier."

These are all adding to your child's confidence for the move onto bigger machines and let's not forget your child's self-esteem through this rite-of-passage to big kidville.

Stabilisers may appear to be the least painful way to learn



Photos: Press Association

to ride a bike but they are certainly the slowest and potentially most dangerous too.

The main issue is with cornering, when a child is making a turn they instinctively lean out and try to get the outer stabiliser to touch the floor. This is contrary to the way a rider tilts a bike when cornering and the net result is bad habits. Also as stabilising wheels are generally narrow if the bike is going much faster than a walking pace the bike will almost certainly topple when taking a bend.

Don't forget too that many young children learning to ride, driving the pedals fast enough and long enough to reach speeds where balance becomes easy can become pretty hard work, especially with the added weight and friction that stabilisers bring.

All this combines to delay the point at which the child makes any real progress towards two-wheeled pedalling.

Take a walk in any park across the UK and you'll no doubt now notice these two-wheel training

aids and over the coming months, now that more people than ever are having positive experiences with them, will no doubt be multiplying.

Most experts agree that the point at which a child is ready to balance on two wheels varies but can definitely be mastered before they are five, just provide your kids with support, encouragement, a bike and perhaps a packet of plasters!

Peter Jenkinson is Editor of *toyology.co.uk*



ASK THE EXPERT

Q: iWhat's this virtual driving instructor for teens that I've heard about, and will I be able to get one for my 17-year-old son before/after he passes his test?



A: Aidan Rowsome, vice president of GreenRoad Technologies, which makes the 'virtual driving instructor' Safety Center, says: "The Safety Center goes in your family car, or your teen's car, and provides feedback on your driving skills. For young drivers who pass their test and are suddenly alone in the car, this is like having your driving instructor sitting next to you, telling you when you're braking too hard or taking a corner too fast."

"Drivers get instant feedback via red, amber and green LEDs in their car showing how well they are driving. Teens and their parents will also be able

to log onto a web site to review each journey."

"GreenRoad drivers reduce accidents by an average of 54% and use up to 10% less petrol too."

"Staffordshire County Council is the first UK council to start trialling this system with 50 local families. Teens that drive well will be rewarded under a "Safe Miles" incentive scheme. "Staffordshire is offering the trial for free and depending on sponsorship from local business, the unit will cost between £20 and £25 (£25.50 and £32) per car per month. It's not yet available direct to consumers although there are talks under way with insurance companies who might offer this to teens as well as other councils."

THREE WAYS TO...

help a father bond with his baby



1. Ensure he's involved in all aspects of caring for baby, from bathing and changing nappies, to bottle feeding and playing.
2. Encourage skin-to-skin contact when he's cuddling and playing with baby.
3. Get him to put some music on, hold baby and sing to him - and sometimes dance as well.

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Children learn by building up ideas, developing orientation skills and, in particular, by making mistakes and starting all over again.

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LIVE CONCERTS

Nightwish - Oporto & Lisbon

Finnish metal band Nightwish has been prominent in their home country since the release of their first single, 'The Carpenter' (released in 1997) and debut album *Angels Fall First*, they did not achieve worldwide fame until the release of the albums *Oceanborn* and *Wishmaster*, which were released in 1998 and 2000 respectively. Their 2004 album, *Once*, led to Nightwish video clips being shown on MTV in the United States and inclusion of their music in US movie soundtracks. Their biggest US hit single, 'Wish I Had an An-

gel' (2004), made it onto three US film soundtracks as a means to promote their North American tour. The band produced three more singles and two music videos for the album, as well as 'Sleeping Sun', from the 2005 'best of' compilation album, *Highest Hopes*, prior to vocalist Tarja Turunen's dismissal.

In May, 2007, former AOR act Alyson Avenue frontwoman Anette Olzon was revealed as Turunen's replacement, and in the autumn, the band released a new album *Dark Passion Play*, for which the band is currently touring.



April 18th at Oporto Coliseu from 9pm. Tickets: €22 - €25. April 19th at Lisbon Coliseu from 9pm. Tickets: €22.

Mercado Negro – Lagoa

Angolan Mercado Negro are a reggae inspired band, with nine band members, each one with a different musical ability, fronted by band member

Messias Santiago. They have achieved chart success with singles such as 'Oh Lua' and 'Beija Flor' as well as 'Leoa Tigresa'.



April 18th at Fatacil in Lagoa. Entrance is free.

CHARITY

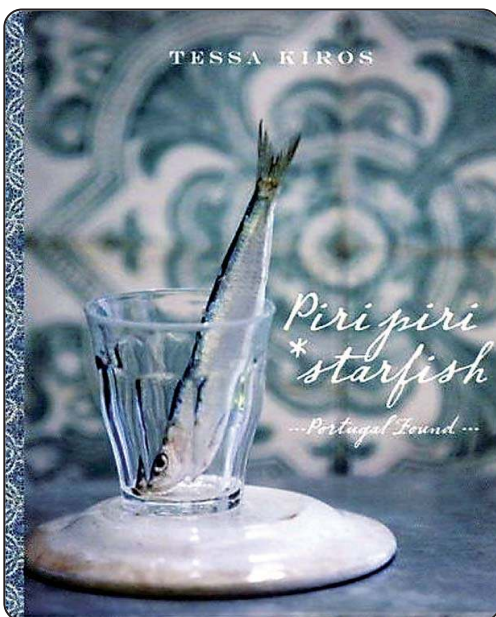
Trash and Treasures AGM

The annual general meeting of the Association of Beneficadores Súbidos Britânicos – Trash and Treasures will be held on

Tuesday, April 15th at 10.30am at the association's headquarters at Praça do Junqueiro 5B in Carcavelos

READERS OFFER - BOOK REVIEW

Piri – Piri Star Fish: Portugal Found by Tessa Kiros



Tessa Kiros believes that food is the essence of any country's people - a quilt that is patchworked together with their language, culture and songs. When she takes her family to live and travel in Portugal, she is captivated by the country and charmed by the old-fashioned way of doing things.

Portugal has everything she loves - the markets, the sea, the beautiful old pousadas - but she would have gone for the pastéis de nata alone. In 'Piri Piri Starfish', Tessa embroiders the recipes, traditions

and Portuguese way of living together with her own unique colours and threads. Some of the present day wonder of this small country can be attributed to its great history during the Age of Discovery: when the world beyond nearby lands and seas was little more than a mysterious dream to most Europeans, this land of bay leaves, *bacalhau* and *piri piri* stretched out her roots over the globe.

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LIVE MUSIC

Live at the Quinta

The popular New Orleans Jazz Band will be performing for the first time at the Quinta Fonte Bispo (near Tavira) on Saturday 12 April at 8.30 pm. Richy Bassett, one of the new owners of the Quinta and a jazz aficionado and singer himself, is presenting what the owners of the Quinta hope will be the first of

many jazz evenings. The New Orleans Jazz Band is now celebrating 10 years of performing here in the Algarve. The band comprises John Ballinger (trombone and vocals), Dave Lawson (clarinet and saxophone), Werner Haag (trumpet and saxophone), Heike Brokman (guitar) and Dave Gausden (bass).

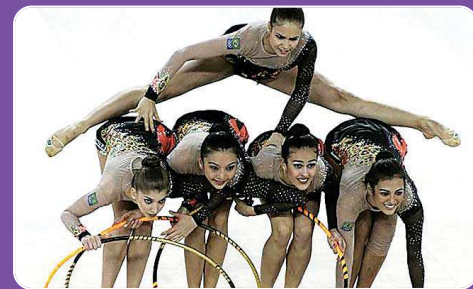
Tickets are €10. Bar (and large dance floor) available! For more information/tickets: info@qfontebispo.com/ 281 971 484

SPORT

3rd World Cup rhythmic gymnastics and Portimão international tournament

This sporting spectacle presents one of the most beautiful of Olympic events. Olympic gymnastics combines movements which require

enormous technical rigour, but which are also of great beauty and grace, making the gymnasts into nothing less than works of art in motion.



April 17th – 20th at Portimão Arena. Call 282 470 700.

SHOWS

Biel Ballester trio

The Biel Ballester Trio is composed of Biel Ballester, Graci Pedro and Leandro Hipaucha. They are a trio ensemble from Barcelona, who play Gypsy Swing / Jazz, a style pioneered by the late great gypsy guitar genius Django Reinhardt, who fused traditional gypsy songs with

Parisian bal musette with improvisational American jazz. The Trio gives this music a modern slant, adopting new rhythm forms such as the bossa nova, bolero and rumba, and contributing creatively with their own compositions and original takes on classic songs of this genre.

April 12th at Lagoa auditorium. Tickets: €8.

COMING SOON

LIVE CONCERTS

COMING SOON

Weekly updates on the biggest concerts coming your way...

APRIL

Nick Cave & The Bad Seeds – April 21st at Lisbon Coliseu. Tickets: €30.

Ignite: Death Before Dishonor – April 24th at Lisbon Tatuara.

Backstreet Boys – April 25th at Lisbon Pavilhão Atlântico from 8pm. Tickets: € 25 - €35.

Down – April 27th at Lisbon Coliseu from 8pm. Tickets: €20.

MAY

30 Seconds to Mars – May 3rd at Lisbon Pavilhão Atlântico from 8pm. Tickets: €25 - €35.

World Peace One – May 17th at Estádio Alvalade XXI. Further info

TBA.

Pedro Abrunhosa – May 18th from 9pm at Teatro Municipal São Luiz in Lisbon. Tickets: €15 - €25.

Adriana Calcanhotto – May 19th at Lisbon Coliseu from 10pm. Tickets: €25 - €50.

Asia – May 21st at Lisbon Coliseu. Further info TBA.

Cat Power – May 26th at Lisbon Coliseu from 10pm. Tickets: €20 - €40.

May 28th at Oporto Coliseu from 10pm. Tickets: €20 - €40.

JUNE

Juanes – June 16th at Lisbon Pavilhão Atlântico from 8.30pm. Tickets: €25 - €40.

Coliseu from 8.30pm. Tickets: €22 - €35.

Comeback Kid – June 19th in Lisbon from 9pm. Tickets: €20.

Jack Johnson – June 26th at Lisbon Pavilhão do Atlântico from 8pm. Tickets: €28 - €40.

Tokio Hotel – June 29th at Lisbon Pavilhão Atlântico from 7.30pm. Tickets: €28 - €40.

JULY

James Blunt – July 4th at Lisbon Campo Pequeno. Tickets: €32.50 - €37.50.

Herbie Hancock – July 5th in Loulé. Further info TBA.

Dee Dee Bridgewater – July 11th at

Albufeira Golfed a Balaia. Further info TBA.

Manhattan Transfer – July 12th in Portimão. Further info TBA.

Lou Reed – July 19th at Lisbon Campo Pequeno. July 20th at Loulé Largo do Monumento Duarte Pacheco.

Caetano Veloso – July 25th in Albufeira.

Diana Krall – July 29th at Albufeira in Marina. Further info TBA.

AUGUST

Simply Red – August 1st at Albufeira Herdade dos Salgados. Further info TBA.

Mariza – August 29th at Loulé, Vale do Lobo.

TICKETS Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline)

Send us your events to copy@the-news.net by Tuesday before publication.

DANCE

Festival of Contemporary dance

This is art of movement and bodily expression. Four Portuguese and one Spanish

company are bringing some contradictory aspects of human life to Portimão. There is

a range of different productions in this festival, promising something for everyone.

The programme includes:
April 12th: Strange form of life: by the Algarve Dance Company.

April 20th: Berna, no 49. Kramgasse: by Cláudia Nóvoa.

April 23rd: 13824x4 and Cause without effect?: by the Dancinema Cultural Association.

April 27th: Cantata, Frontkline and Duetto: by the National Dance Company.

April 29th: El Toro e la Luna: by the ballet de Madrid.

April 12th – 29th at Portimão municipal auditorium from 9.30pm. Tickets: €5. Call 282 470 700.



FAIRS

Loulé Mercado

With over a 100 years in existence, the Mercado de Loulé (Loulé market), has attracted thousand of people to the market every year. The market features a variety of homemade produces, food, fresh fish, bread, artesanato, textiles, flower arrangements as well as live entertainment, and several food areas. This year the market will feature culinary skills by local chef on Saturdays, who will be giving away some of his most treasured secrets, such as Jonathan Pratt on April 12th from 11am and Marco Aragón on April 26th from 11am.

Until September 13th on Praça da República. Call 289 400 600 for more information.

PUBLICATIONS RECEIVED

After Iraq

It is five years since President George W Bush launched the invasion of Iraq. Can Iraq emerge from this ordeal as a place where people lead reasonably safe and happy lives?

'After Iraq' is the new book by Gwynne Dyer, a freelance analyst who specializes in war and the Middle East. He writes

This book is ideal for the general reader who wants to understand the stories behind the headlines, as well as the specialist looking for a broader approach to the subject, and its no-holds-barred analysis will stimulate debate and shed much-needed light on a murky and troubled area.

a syndicated column about international affairs, which can be read on page 12 of this weeks edition.

This book is about the future prospects of the Middle East. Dyer analyses the current situation, focusing on Israel, Syria, Jordan, Iran and Iraq and looks at the many factors that will affect future events, from the perspective of those involved, as well as from the West. He is an exceptionally clear, vivid and knowledgeable writer and his analysis is coherent and very persuasive.

GWYNNE DYER

AFTER IRAQ

WHERE NEXT FOR THE MIDDLE EAST?



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JUST FOR FUN

Art Exhibition 'Folk Art & Decorative Instinct' – São Brás

'Folk Art and the Decorative Instinct' is the title of the new art exhibition opening at the New Gallery in the Museum of São Brás next Saturday. The gallery organisers have collected an inspiring and inspired group of artists and craftspeople for this theme, all of whom make things of beauty out of everyday items. Gertrud Dürholz will be showing her sculptural stained glass lamps and windows; Susan Searle her enamel jewellery and images. There will be woodcarvings from Nelson Ramos, and bronze sculptures from Manuel Belchior. Kärsi Stiege will be showing woodblock prints from India – which could be regarded as the home of the decorative instinct – balanced with the looser, contemporary, but equally decorative images from Adérta Silva. It promises

to be an exhibition rich in texture, image and the beauty of traditional manual skills.

The exhibition opens at 6.45pm with a performance by the Museum's theatre group, *Aperitivo*, who will complement the 'folk art' genre with a piece of traditional English theatre – a Mummings play, complete with St. George and his Dragon, Fool in motley (another triumph of decorative art!) and a full supporting cast of 'vagabonds' and 'foreigners' (terms which, in Olde England, were more or less interchangeable). As usual with *Aperitivo*, this will be a multilingual affair, with the Fool attempting to make sense of the whole thing (fools rush in...).

Visitors can then recruit their strength with a traditional folk barbecue (!), ready for the easy and relaxing part of the

evening – sweet acoustic guitars and voices from *Simply Acoustic + One*, in a concert which could be labeled 'Folk Music and Follow Your Instincts'. Two of the three musicians – Graham Cooper and Daryl Bye – play as a duo called *Simply Acoustic* performing an enormously wide range of music, and they are joined by Dave Hughes, who was recently half of the folk duo *Sad Pig*.

Graham is already well

known here as well as in the UK and the rest of Europe as a skilled and relaxed performer of his own songs, as well as those by other composers ranging from Anon to Duke Ellington. Daryl is a very fine guitarist and solo singer in his own right, as well as providing beautiful harmonies to Graham, and Dave is another fine singer and acoustic guitarist. The three together will give us a great evening celebrating the whole range of acoustic music.

There is no charge to watch the Mummings' Play or for the official opening of the Art Exhibition. Tickets for the barbecue, which must be booked in advance, cost €7.50. Tickets for the concert, which begins at 8.30 pm, cost €7 in advance or €10 at the door (€5/€7 for Amigos/Friends of the Museum).

April 12th. Bookings and information: admin@amigos-museu-sbras.org, 966 329 073 / lua.azul 289 845 452 / museum 289 840 100 or visit the museum website at www.amigos-museu-sbras.org.

COMING SOON

FESTIVALS

COMING SOON

Weekly updates on the latest names confirmed for Portugal's summer festivals...

APRIL
Festival Intercéltico do Porto – April 11th: Xosé Manuel Budiño; Encontros do Eira. April 12th: Beoga; Galandum Galandaina. Oporto Címena Batalha. Further info TBA.

World Peace One – May 17th at Estádio do Alvalade in Lisbon. Further info TBA.
Rock in Rio Lisboa – May 30th – June 8th at Parque da Bela Vista in Lisbon. Tickets: €53 daily tickets. Confirmed acts: May 30: Lenny Kravitz; Amy Winehouse; James Morrison; Ivete Sangalo; Sam the Kid & Cool Hopnoise; Ricardo Azevedo & Lúcio Moniz; Philharmonia Weed & Prince Wadada; Paul Van Dyk. May 31: Bon Jovi; Alanis Morissette; Skunk; Alejandro Sanz; Expensive Soul; Sara Tavares; João Gil; Tito Paris; Marisa Pinto; NBC; Verónica Larrenne; Carl Cox. June 1: Tokio Stewart; Joss Stone; Boss AC; Tokio Hotel; Vitorino; Ala dos Namorados;

Rão Kyao; Nancy Vieira; Jazzinho; Melo D. June 5: Metallica; Machine Head; Apocalyptica; Tim; Jorge Palma; Weaygunn; The Faith Gospel Choir; André Indiana; Sp & Wilson; 2 Many DJs; The Crystal Method; Miguel Quintão; Zé Pedro. June 6: Muse; Linkin Park; Offspring; Kaiser Chiefs; Orishas; Clá; Buraka Som Sistema; Deise Tigrina; Bruno M; Calm; Vibe; Stereo Addictions.

Super Rock Super Rock Porto – Parque da Cidade in Oporto from 5pm. July 4th: James; ZZ Top; Crowded House; Xutos & Pontapés; David Fonseca; Orquestra de Jazz do Hot Club. July 5th: Jamiroquai; Clá; Jorge Palma. Tickets: €35 - €80.

Super Rock Super Rock Lisboa – Parque Tejo in Lisbon from 5pm. July 9th: Iron Maiden; Slayer; Avenged Sevenfold; Rose Tattoo; Tara Peridita. July 10th: Digitalism; Tiesto. Tickets: €40 - €80.
Festival Oeiras Alive – Passeio

Marítimo de Algés. July 10th: Rage Against the Machine; Spiritualized; Gogol Bordello; Cansei de Ser Sexy; The National; Sons of Albion; DJ Peaches. July 11th: Bob Dylan; Within Temptation; Chris Cornell; Nouvelle Vague; Uffie; Mr Flash; Krazy; Baldhead; Vicarious Bliss. July 12th: Neil Young; Ben Harper & The Innocent Criminals; Donavon Frankenreiter; The Gossip; Róisín Murphy. Tickets: €45 - €80.

Festival Marés Vivas – July 17th – 19th at Gaia, Praia do Areinho. July 18th: The Prodigy. Tickets: €15 - €30.

Festival Músicas do Mundo – July 17th – July 26th in Sines. July 17th: Bassekou Kouyate. July 18th: Hazmat Modine. July 23rd: Kasai Allstars; Justin Adams & Judeh Camara. July 24th: Orchestra Baobab; Beirut; Marful; Lo Cór de La Plana. July 25th: KTU. July 26: Erika Stucky.

Festival do Tejo – Lisboa Pólo Universitário do Alto da Ajuda. July 19th: Mariza; Couple Coffee. July 20th:

Patrícia; Chiclete Com Banana; Jorge Palma. Tickets: €25 - €40.
Lagoa Burning Live – July 26th & 27th at Estômbar Parque de Exposições e Feiras.

AUGUST
Anti-Pop Music Festival – August 1st – 3rd at Viana do Castelo Forte S. Tiago da Barra.

Paredes de Coura – July 31st – August 3rd at Praia Fluvial do Tabuão. Tickets: €40 - €70. July 31: Sex Pistols; Mando Dia; The Wombats. August 1st: Primal Scream; The Rakes. August 3rd: Theivery Corporation.

Sudoeste – August 7th – 10th at Herdade da Casa Branca. August 7: Björk; La Fura Dels Baus. August 8: The Dynamics; La Fura Dels Baus. August 9: La Fura Dels Baus. August 10: Xutos & Pontapés & Orquestra de Matias do Hot Club; Jorge Palma; La Fura Dels Baus.

Surf Fest – August 14th – 15th in Sagres. August 15th: Emir Kusturica; The No Smoking Orchestra.

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Javier Bardem, Giovanna Mezzogiorno
15.10-18.10-21.10 (00.10 Fri & Sat)
Horton Hears a Who
Animation PV
(11.10 Sat & Sun) 13.05

2 Horton Hears a Who
Animation OV
(10.20-12.15 Sat & Sun)
The Bank Job
Jason Stratham, Saffron Burrows
14.25-16.50-19.15-21.45 (00.15 Fri & Sat)

3 The Bucket List
Jack Nicholson, Morgan Freeman
13.50-16.10-18.40-21.00 (23.20 Fri & Sat)
Winx Club: The Secret of the Lost Kingdom
Animation
(11.30 Sat & Sun)

4 10,000 BC
Steven Strait, Camilla Belle
(12.05 Sat & Sun) 14.10-16.50-19.20-21.50 (00.20 Fri & Sat)

5 Fool's Gold
Mathew McConaughey, Kate Hudson
13.45-16.20-18.55-21.30 (00.05 Fri & Sat)
6 St. Trinian's
Rupert Everett, Colin Firth
(12.00 Sat & Sun) 14.20-16.40-19.00-21.20 (23.40 Fri & Sat)

7 Vantage Point
Dennis Quaid, Forest Whitaker
13.00-15.10-17.20-19.30-21.40 (00.00 Fri & Sat)

8 August Rush
Freddie Highmore, Keri Russell
16.15-18.45

The Other Boleyn Girl
Eric Bana, Natalie Portman
13.45
The Ugly Duckling and Me
Animation PV
(11.40 Sat & Sun)

9 The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
(11.50 Sat & Sun) 14.35
The Mist
Thomas Jane, Nathan Gamble
17.15-22.00 (00.40 Fri & Sat)

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Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
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Kevin Bacon, Garrett Hedlund
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2 Fool's Gold
Mathew McConaughey, Kate Hudson
13.30-16.05-19.05-21.40 (00.10 Fri & Sat)

3 Horton Hears a Who
Animation
PV: 13.00-15.00-17.00-19.00
Mad Money
Diane Keaton, Queen Latifah
21.00 (23.30 Fri & Sat)

4 St. Trinian's
Rupert Everett, Colin Firth
13.40-16.30-18.55-21.25 (23.50 Fri & Sat)

5 Winx Club: The Secret of the Lost Kingdom
Animation
13.50

The Mist
Thomas Jane, Nathan Gamble
16.00-18.40-21.20 (00.00 Fri & Sat)

6 The Bucket List
Jack Nicholson, Morgan Freeman
14.00-16.25-19.10-21.45 (00.15 Fri & Sat)

7 Vantage Point
Dennis Quaid, Forest Whitaker
13.25-15.30-17.35-19.40-21.50 (00.20 Fri & Sat)

8 Rec
Javier Bolet, Manuel Bronchud
13.10-15.10-17.15-19.20-21.30 (23.55 Fri & Sat)

9 10,000 BC
Steven Strait, Camilla Belle
13.20-15.55-18.30-21.10 (23.40 Fri & Sat)

**CASTELLO LOPES CINEMAS
PORTIMÃO**
TEL: 707 220 220
10 APR-16 APR

1 Fool's Gold
Mathew McConaughey, Kate Hudson
13.45-16.00-18.20-21.50 (00.10 Fri & Sat)

2 Vantage Point
Dennis Quaid, Forest Whitaker
13.40-15.40-17.50-19.55-22.00 (00.15 Fri & Sat)

3 Horton Hears a Who
Animation PV
13.40-15.30-17.25-19.20
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
21.10 (23.55 Fri & Sat)

4 Winx Club: The Secret of the Lost Kingdom
Animation PV
14.00
10,000 BC
Steven Strait, Camilla Belle
16.05-18.30-21.20 (23.40 Fri & Sat)

5 August Rush
Freddie Highmore, Keri Russell
13.55-16.10-18.35-21.30 (23.45 Fri & Sat)

6 Rec
Javier Bolet, Manuel Bronchud
13.50-15.45-17.45-19.45-21.40 (23.50 Fri & Sat)

CENTRE

**LUSOMUNDO
ALMADA FORUM**
TEL: 707 246362
10 APR-16 APR

The Bucket List
Jack Nicholson, Morgan Freeman
Vantage Point
Dennis Quaid, Forest Whitaker
Rec
Javier Bolet, Manuel Bronchud

Fool's Gold
Mathew McConaughey, Kate Hudson
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega

U2 3D
Documentary
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno

10,000 BC
Steven Strait, Camilla Belle
Death Sentence
Kevin Bacon, Garrett Hedlund

The Bank Job
Jason Stratham, Saffron Burrows
Horton Hears a Who
Animation OV & PV

No Country for Old Men
Tommy Lee Jones, Javier Bardem
Winx Club: The Secret of the Lost Kingdom
Animation PV

Mad Money
Diane Keaton, Queen Latifah
St. Trinian's
Rupert Everett, Colin Firth

The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Halloween
Malcolm McDowell, Tyler Mane

The Mist
Thomas Jane, Nathan Gamble

**LUSOMUNDO
ALVALÁXIA**
TEL: 21 754 9000
10 APR-16 APR

Fool's Gold
Mathew McConaughey, Kate Hudson
The Bucket List
Jack Nicholson, Morgan Freeman

Rec
Javier Bolet, Manuel Bronchud

Vantage Point
Dennis Quaid, Forest Whitaker

U2 3D
Documentary
Youth Without Youth
Tim Roth, Alexandra Maria Lara

Sleuth
Michael Caine, Jude Law
Winx Club: The Secret of the Lost Kingdom
Animation PV

Mad Money
Diane Keaton, Queen Latifah
Horton Hears a Who
Animation PV

Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
I'm Not There
Cate Blanchett, Christian Bale

St. Trinian's
Rupert Everett, Colin Firth

**LUSOMUNDO
AMOREIRAS**
TEL: 707 246362
10 APR-16 APR

Vantage Point
Dennis Quaid, Forest Whitaker
Rec
Javier Bolet, Manuel Bronchud

Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
Horton Hears a Who
Animation PV

Death Sentence
Kevin Bacon, Garrett Hedlund
Youth Without Youth
Tim Roth, Alexandra Maria Lara

Winx Club: The Secret of the Lost Kingdom
Animation PV
No Country for Old Men
Tommy Lee Jones, Javier Bardem

Mad Money
Diane Keaton, Queen Latifah

**LUSOMUNDO
CASCAISHOPPING**
TEL: 707 246362
10 APR-16 APR

Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega

U2 3D
Documentary
Winx Club: The Secret of the Lost Kingdom
Animation PV

Vantage Point
Dennis Quaid, Forest Whitaker
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker

The Bucket List
Jack Nicholson, Morgan Freeman
Rec
Javier Bolet, Manuel Bronchud

Fool's Gold
Mathew McConaughey, Kate Hudson
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno

10,000 BC
Steven Strait, Camilla Belle
Horton Hears a Who
Animation PV

The Mist
Thomas Jane, Nathan Gamble

**LUSOMUNDO
COLOMBO**
TEL: 707 246362
10 APR-16 APR

Horton Hears a Who
Animation PV
The Mist
Thomas Jane, Nathan Gamble

Winx Club: The Secret of the Lost Kingdom
Animation PV
Death Sentence
Kevin Bacon, Garrett Hedlund

10,000 BC
Steven Strait, Camilla Belle
Fool's Gold
Mathew McConaughey, Kate Hudson

The Bucket List
Jack Nicholson, Morgan Freeman
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker

St. Trinian's
Rupert Everett, Colin Firth
Vantage Point
Dennis Quaid, Forest Whitaker

The Bank Job
Jason Stratham, Saffron Burrows
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega

U2 3D
Documentary

OV = Original Version

PV = Portuguese Version

**LUSOMUNDO
DOLCE VITA MIRAFLORES**
TEL: 707 246362
10 APR-16 APR

The Ugly Duckling and Me
Animation PV
The Other Boleyn Girl
Eric Bana, Natalie Portman

I'm Not There
Cate Blanchett, Christian Bale
10,000 BC
Steven Strait, Camilla Belle

Horton Hears a Who
Animation PV
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker

**UCI CINEMAS
EL CORTE INGLÉS**
TEL: 707 23 22 21
10 APR-16 APR



I'm Not There
Cate Blanchett, Christian Bale
Die Fälscher
Karl Markovics, August Diehl

Winx Club: The Secret of the Lost Kingdom
Animation PV
The Mist
Thomas Jane, Nathan Gamble

Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
Horton Hears a Who
Animation OV & PV

Persepolis
Animation
The Bank Job
Jason Stratham, Saffron Burrows

Vantage Point
Dennis Quaid, Forest Whitaker
10,000 BC
Steven Strait, Camilla Belle

Michael Clayton
George Clooney, Tom Wilkinson
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker

No Country for Old Men
Tommy Lee Jones, Javier Bardem
The Bucket List
Jack Nicholson, Morgan Freeman

The Other Boleyn Girl
Eric Bana, Natalie Portman
Juno
Ellen Page, Michael Cera

Sleuth
Michael Caine, Jude Law
Fool's Gold
Mathew McConaughey, Kate Hudson

Rec
Javier Bolet, Manuel Bronchud
Youth Without Youth
Tim Roth, Alexandra Maria Lara

**LUSOMUNDO
FORUM MONTIJO**
TEL: 707 246362
10 APR-16 APR

Fool's Gold
Mathew McConaughey, Kate Hudson
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega

U2 3D
Documentary
Horton Hears a Who
Animation PV

The Bucket List
Jack Nicholson, Morgan Freeman
Rec
Javier Bolet, Manuel Bronchud

Vantage Point
Dennis Quaid, Forest Whitaker
Winx Club: The Secret of the Lost Kingdom
Animation PV

Juno
Ellen Page, Michael Cera

**UCI CINEMAS
FREEPORT**
TEL: 707 23 22 21
10 APR-16 APR



Fool's Gold
Mathew McConaughey, Kate Hudson
The Bucket List
Jack Nicholson, Morgan Freeman

Rec
Javier Bolet, Manuel Bronchud
10,000 BC
Steven Strait, Camilla Belle

Vantage Point
Dennis Quaid, Forest Whitaker
Horton Hears a Who
Animation PV

The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Silk
Michael Pitt, Keira Knightley

Juno
Ellen Page, Michael Cera

Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno

Mad Money
Diane Keaton, Queen Latifah

Winx Club: The Secret of the Lost Kingdom
Animation PV
Death Sentence
Kevin Bacon, Garrett Hedlund

**LUSOMUNDO
ODIVELAS PARQUE**
TEL: 707 246362
10 APR-16 APR

Fool's Gold
Mathew McConaughey, Kate Hudson
Horton Hears a Who
Animation PV

10,000 BC
Steven Strait, Camilla Belle
Rec
Javier Bolet, Manuel Bronchud

Vantage Point
Dennis Quaid, Forest Whitaker
Winx Club: The Secret of the Lost Kingdom
Animation PV

Death Sentence
Kevin Bacon, Garrett Hedlund
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker

Mad Money
Diane Keaton, Queen Latifah
The Bucket List
Jack Nicholson, Morgan Freeman

**LUSOMUNDO
OEIRAS PARQUE**
TEL: 707 246362
10 APR-16 APR

Interview
Sienna Miller, Steve Buscemi
The Bucket List
Jack Nicholson, Morgan Freeman

Horton Hears a Who
Animation PV
Sleuth
Michael Caine, Jude Law

The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
The Mist
Thomas Jane, Nathan Gamble

Rec
Javier Bolet, Manuel Bronchud
Vantage Point
Dennis Quaid, Forest Whitaker

Winx Club: The Secret of the Lost Kingdom
Animation PV
St. Trinian's
Rupert Everett, Colin Firth

**LUSOMUNDO
TORRES VEDRAS**
TEL: 707 246362
10 APR-16 APR

Vantage Point
Dennis Quaid, Forest Whitaker
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega

U2 3D
Documentary
Winx Club: The Secret of the Lost Kingdom
Animation PV

No Country for Old Men
Tommy Lee Jones, Javier Bardem
The Mist
Thomas Jane, Nathan Gamble

Horton Hears a Who
Animation PV
Rec
Javier Bolet, Manuel Bronchud

**LUSOMUNDO
VASCODA GAMA**
TEL: 707 246362
10 APR-16 APR

The Bucket List
Jack Nicholson, Morgan Freeman
Rec
Javier Bolet, Manuel Bronchud

The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Interview
Sienna Miller, Steve Buscemi

Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary

Vantage Point
Dennis Quaid, Forest Whitaker
Horton Hears a Who
Animation PV

10,000 BC
Steven Strait, Camilla Belle

OV = Original Version

PV = Portuguese Version

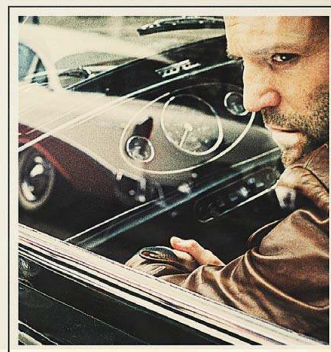


The Bank Job was inspired by a real-life 1971 London bank robbery that was never solved.

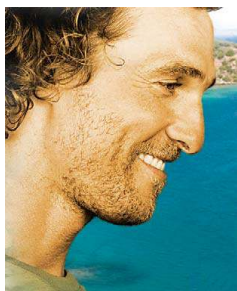
A band of thieves tunnelled their way into a safe deposit vault, taking millions of pounds in cash and jewellery. The robbery made headlines for several days, but then all reporting stopped as a result of a government gag order. In *The Bank Job*, the crime involves murder, corruption and a sex scandal with links to the royal family. Ultimately, the thieves are among the most innocent involved.

A car dealer with a dodgy past and new family, Terry (Jason Statham) has always avoided major-league scams. But when Martine (Saffron Burrows), a beautiful model from his old neighbourhood, offers him a lead on a foolproof bank hit on London's Baker Street, Terry recognizes the opportunity of a lifetime. Martine targets a roomful of safe deposit boxes worth millions in cash and jewellery.

But Terry and his crew don't realize the boxes also contain a treasure trove of dirty secrets, secrets that will thrust them into a deadly web of corruption and illicit scandal that spans



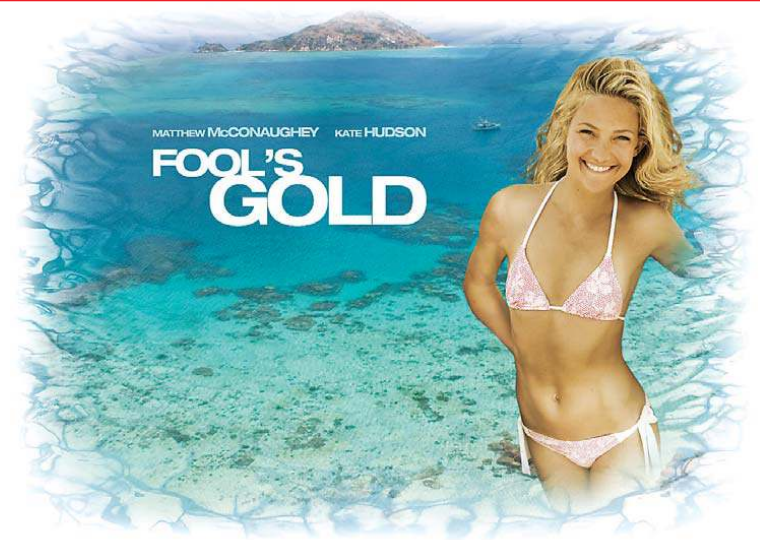
London's criminal underworld, the highest echelons of the British government, and the Royal Family itself... the true story of a heist gone wrong... in all the right ways.



Part romantic comedy, part action adventure, *Fool's Gold* stars Matthew McConaughey and Kate Hudson, who had previously teamed in the romantic comedy hit *How to Lose a Guy in 10 Days*.

Finnegan (Kate Hudson) and his more-rusty-than-trusty salvage boat, 'Booty Calls'. Just as Tess has begun to rebuild her life, working aboard a mega-yacht owned by billionaire Nigel Honeycutt (Donald Sutherland), Finn discovers a vital clue to the treasure's whereabouts.

Certain that his luck will change with the newfound information, Finn manoeuvres himself aboard Nigel's yacht and, using his good-natured charm, convinces the tycoon and his BlackBerry-wielding, celebrante daughter, Gemma (Alexis Dziena), to join him in the pursuit of the Spanish

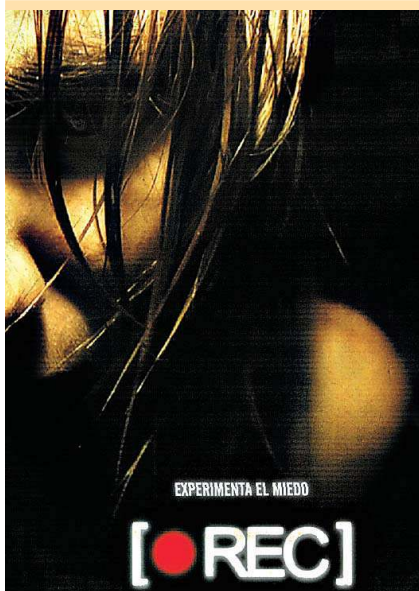


treasure. Against Tess' better judgment, the search rekindles her love... of discovery. But

they are not the only ones after the treasure. Finn's mentor-turned-nemesis Moe Fitch

(Ray Winstone) has also set out to claim the prize.

Let the treasure hunt begin...



What appears to be a routine emergency call quickly turns to hell as a news team are trapped inside a building with no means of escape as things go from bad to horribly worse. The only thing that matters is trying to escape while capturing everything on camera.

A team of local TV reporters are following a squad of firemen on night duty. The footage is completely live and their task is to make a documentary on the life of these professionals who work tirelessly while we are sleeping. The first job of the night is to rescue an old lady who is trapped inside her apartment, but the routine rescue soon takes a sinister turn. Something evil is spreading throughout the building, out of control. Trapped inside, the firemen and the TV crew have to confront an unknown and lethal horror. Now, the only thing that matters is hiding, surviving and trying desperately to escape. They must keep on recording. No matter what happens. Until the very last moment.

YOUTH WITHOUT YOUTH

Francis Ford Coppola's *Youth Without Youth* stars Tim Roth as Dominic Matei, an aging professor of linguistics, who survives a cataclysmic event to find his youth miraculously restored. Dominic's physical rejuvenation is matched by a highly evolved intellect, which attracts the attention of Nazi scientists, forcing him into exile.

While on the run, he reunites with his lost love, Laura, and works to complete his research into the origins of human language. When his research threatens Laura's well being, Dominic is forced to choose between his life's work and the great love of his life. *Youth Without Youth* also

stars Alexandra Maria Lara, Bruno Ganz, Alexandra Pirici, Marcel Iures and Andre M. Hennicke.

It is based upon a novella by Mircea Eliade and produced by Francis Ford Coppola for American Zoetrope.



CELEB NEWS

George Clooney has donated \$5.6 million to the United Nations peacekeeping force in war-torn Sudan, to enable the team to buy a fleet of helicopters. The actor, who is a U.N. Messenger of Peace, has become a leading celebrity advocate for action against genocide in the Sudan after filming a documentary about the ongoing violence and refugee crisis there last year. He has also set up the Not On Our Watch organization with his *Ocean's Thirteen* cast mates **Brad Pitt**, **Matt Damon** and **Don Cheadle**, to help provide humanitarian aid in the region. But when Clooney learned of the plight of the U.N. peacekeeping force Unamid in Darfur, he immediately dug deep in his pocket to do something about it. A source explains, "George was horrified by the Sudanese government's 'scorched earth' (bomb) attacks on western Darfur last month. And when he was told that Unamid officials felt they could have done something about the attacks if they'd had the right equipment, they need 18 helicopters and so far have none. So Clooney decided to put his money where his mouth is". «»»» **Charlton Heston**, whose movie career spanned the Hollywood era when epic films boasted that they featured "a cast of thousands," died April 5th at the age of 84. His films included such extravaganzas as *Ben-Hur* and *The Ten Commandments*. But he was just as well known for his roles in sci-fi movies like *Planet of the Apes* and *Soylent Green*. He also served as president of the Screen Actors Guild and in later years as president of the National Rifle Association. «»»» The eagerly awaited movie *Indiana Jones And The Kingdom Of The Crystal Skull* is set to premiere at the Cannes Film Festival next month. The hit franchise's latest outing featuring **Harrison Ford**'s return as the whip-cracking hero will be shown to industry insiders at the renowned French film event days before its international release on May 22. The news was announced by celebrated Brit actor **John Hurt** who stars in the movie, but he failed to release any details of the movie's plot, insisting he has been sworn to secrecy. And the veteran star heaped praise on 65-year-old Ford, describing him as "brilliant." He tells U.K. talk show host Jonathan Ross, "I have nothing but good things to say about him. He understands that whole franchise. He is that franchise." The fourth instalment in the popular franchise, which has taken 18 years to come to fruition, also stars Oscar-winner **Cate Blanchett** and **Shia LaBeouf**. «»»» British actress **Anna Friel** was forced to have her teeth fixed for her role in TV drama *Pushing Daisies*. The 31-year-old was encouraged to improve her appearance for the part after the show's producer noticed her teeth were discoloured and crooked. Friel was upset by comments at first, but went on to book a whitening treatment and have an orthodontic brace fitted in a bid to improve her smile. She says, "When I first started filming *Pushing Daisies*, my agent and the producer told me I needed to have my teeth whitened. I'm very good at brushing them. So I refused. Everyone just shrugged and told me they'd do a test film. When I saw it, I couldn't believe what I looked like on screen. I'm not kidding, compared to everyone else my teeth looked green. I was horribly embarrassed". «»»» Oscar-winning actor **Javier Bardem** has pulled out of **Francis Ford Coppola**'s new movie *Tetro*, only to be replaced by Spanish actress **Carmen Maura**. The legendary director originally wrote the part for a male lead, but decided to re-write the character as female when Bardem was forced to withdraw from the project. And Coppola insists he was glad he had the opportunity to give the character a sex-change. He tells *The Hollywood Reporter*, "One of the important roles in the script is a mentor and teacher to Tetro (leading character played by **Vincent Gallo**), and I originally wrote it for a man. As I read and re-read (the script), I felt that the interaction between the two characters would be far more intriguing if they were of the opposite sex." Maura has now joined the rest of the cast for the film's 11-week shoot, which began on March 31 in Buenos Aires, Argentina. «»»»

NORTH

**UCI CINEMAS
ARRABIDA SHOPPING
TEL: 707 232 21
10 APR-16 APR**

Vantage Point
Dennis Quaid, Forest Whitaker
Rec
Javier Bolet, Manuel Bronchud
10,000 BC
Steven Strait, Camilla Belle
The Other Boleyn Girl
Eric Bana, Natalie Portman
Winx Club: The Secret of the Lost Kingdom
Animation
Death Sentence
Kevin Bacon, Garrett Hedlund
I'm Not There
Cate Blanchett, Christian Bale
The Ugly Duckling and Me
Animation PV
Michael Clayton
George Clooney, Tom Wilkinson
St. Trinian's
Rupert Everett, Colin Firth
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
Horton Hears a Who
Animation OV & PV
Youth Without Youth
Tim Roth, Alexandra Maria Lara
The Bank Job
Jason Stratham, Saffron Burrows
Sleuth
Michael Caine, Jude Law
The Mist
Thomas Jane, Nathan Gamble
Fool's Gold
Mathew McConaughey, Kate Hudson
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Definitely, Maybe
Ryan Reynolds, Isla Fischer
No Country for Old Men
Tommy Lee Jones, Javier Bardem
Mad Money
Diane Keaton, Queen Latifah
The Bucket List
Jack Nicholson, Morgan Freeman

**LUSOMUNDO
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10 APR-16 APR**

No Country for Old Men
Tommy Lee Jones, Javier Bardem
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Interview
Sienna Miller, Steve Buscemi
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
The Bucket List
Jack Nicholson, Morgan Freeman
Winx Club: The Secret of the Lost Kingdom - Animation PV
Mad Money
Diane Keaton, Queen Latifah
Vantage Point
Dennis Quaid, Forest Whitaker
Rec
Javier Bolet, Manuel Bronchud

**LUSOMUNDO
GLICÍNIAS
TEL: 707 246362
10 APR-16 APR**

Horton Hears a Who
Animation PV
Awake
Hayden Christensen, Jessica Alba
The Ugly Duckling and Me
Animation PV
Definitely, Maybe
Ryan Reynolds, Isla Fischer
10,000 BC
Steven Strait, Camilla Belle
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
Winx Club: The Secret of the Lost Kingdom
Animation PV
The Mist
Thomas Jane, Nathan Gamble
Fool's Gold
Mathew McConaughey, Kate Hudson
Death Sentence
Kevin Bacon, Garrett Hedlund

**LUSOMUNDO
DOLCE VITA COIMBRA
TEL: 707 246362
10 APR-16 APR**

Rec
Javier Bolet, Manuel Bronchud
10,000 BC
Steven Strait, Camilla Belle

Vantage Point
Dennis Quaid, Forest Whitaker
The Bank Job
Jason Stratham, Saffron Burrows
The Bucket List
Jack Nicholson, Morgan Freeman
No Country for Old Men
Tommy Lee Jones, Javier Bardem
The Other Boleyn Girl
Eric Bana, Natalie Portman
Winx Club: The Secret of the Lost Kingdom
Animation PV
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
P.S. I Love You
Hilary Swank, Gerard Butler
Michael Clayton
George Clooney, Tom Wilkinson

**LUSOMUNDO
FORUM COIMBRA
TEL: 707 246362
10 APR-16 APR**

The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Mad Money
Diane Keaton, Queen Latifah
Death Sentence
Kevin Bacon, Garrett Hedlund
Definitely, Maybe
Ryan Reynolds, Isla Fischer
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
Horton Hears a Who
Animation PV
Jumper
Hayden Christensen, Samuel L. Jackson
Fool's Gold
Mathew McConaughey, Kate Hudson

**LUSOMUNDO
FOZPLAZA
TEL: 707 246362
10 APR-16 APR**

The Ugly Duckling and Me
Animation PV
Death Sentence
Kevin Bacon, Garrett Hedlund
Awake
Hayden Christensen, Jessica Alba
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
No Country for Old Men
Tommy Lee Jones, Javier Bardem
10,000 BC
Steven Strait, Camilla Belle

**LUSOMUNDO
FERRARAPLAZA
TEL: 707 246362
10 APR-16 APR**

Awake
Hayden Christensen, Jessica Alba
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
Horton Hears a Who
Animation PV
10,000 BC
Steven Strait, Camilla Belle
The Ugly Duckling and Me
Animation PV
Definitely, Maybe
Ryan Reynolds, Isla Fischer
The Other Boleyn Girl
Eric Bana, Natalie Portman

**LUSOMUNDO
DOLCE VITA DOURO
TEL: 707 246362
10 APR-16 APR**

Fool's Gold
Mathew McConaughey, Kate Hudson
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Death Sentence
Kevin Bacon, Garrett Hedlund
10,000 BC
Steven Strait, Camilla Belle
No Country for Old Men
Tommy Lee Jones, Javier Bardem
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
Rec
Javier Bolet, Manuel Bronchud
Horton Hears a Who
Animation PV
Halloween
Malcolm McDowell, Brad Dourif

**LUSOMUNDO
FORUM VISEU
TEL: 707 246362
10 APR-16 APR**

The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
The Bucket List
Jack Nicholson, Morgan Freeman
Rec
Javier Bolet, Manuel Bronchud
Fool's Gold
Mathew McConaughey, Kate Hudson
Horton Hears a Who
Animation PV
No Country for Old Men
Tommy Lee Jones, Javier Bardem
Winx Club: The Secret of the Lost Kingdom
Animation PV
Juno
Ellen Page, Michael Cera
Vantage Point
Dennis Quaid, Forest Whitaker

**LUSOMUNDO
FORUM VIZELA
TEL: 707 246362
10 APR-16 APR**

10,000 BC
Steven Strait, Camilla Belle
Winx Club: The Secret of the Lost Kingdom
Animation PV
August Rush
Freddie Highmore, Keri Russell
Juno
Ellen Page, Michael Cera

**LUSOMUNDO
BRAGA PARQUE
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10 APR-16 APR**

Winx Club: The Secret of the Lost Kingdom
Animation PV
Death Sentence
Kevin Bacon, Garrett Hedlund
The Bucket List
Jack Nicholson, Morgan Freeman
Fool's Gold
Mathew McConaughey, Kate Hudson
Rec
Javier Bolet, Manuel Bronchud
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
Vantage Point
Dennis Quaid, Forest Whitaker
Mad Money
Diane Keaton, Queen Latifah
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
Horton Hears a Who
Animation PV
10,000 BC
Steven Strait, Camilla Belle

**LUSOMUNDO
DOLCE VITA PORTO
TEL: 707 246362
10 APR-16 APR**

Fool's Gold
Mathew McConaughey, Kate Hudson
Winx Club: The Secret of the Lost Kingdom
Animation PV
10,000 BC
Steven Strait, Camilla Belle
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
The Bucket List
Jack Nicholson, Morgan Freeman
Vantage Point
Dennis Quaid, Forest Whitaker
Horton Hears a Who
Animation PV
No Country for Old Men
Tommy Lee Jones, Javier Bardem
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Interview
Sienna Miller, Steve Buscemi

**LUSOMUNDO
MAIA SHOPPING
TEL: 707 246362
10 APR-16 APR**

Rec
Javier Bolet, Manuel Bronchud
Mad Money
Diane Keaton, Queen Latifah
No Country for Old Men
Tommy Lee Jones, Javier Bardem

Winx Club: The Secret of the Lost Kingdom
Animation PV
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Horton Hears a Who
Animation PV
The Other Boleyn Girl
Eric Bana, Natalie Portman

**LUSOMUNDO
NORTE SHOPPING
TEL: 707 246362
10 APR-16 APR**

Sleuth
Michael Caine, Jude Law
The Bucket List
Jack Nicholson, Morgan Freeman
Fool's Gold
Mathew McConaughey, Kate Hudson
Vantage Point
Dennis Quaid, Forest Whitaker
Horton Hears a Who
Animation PV
St. Trinian's
Rupert Everett, Colin Firth
Winx Club: The Secret of the Lost Kingdom
Animation PV
The Mist
Thomas Jane, Nathan Gamble
Rec
Javier Bolet, Manuel Bronchud
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary

**LUSOMUNDO
GAIA SHOPPING
TEL: 707 246362
10 APR-16 APR**

Death Sentence
Kevin Bacon, Garrett Hedlund
Winx Club: The Secret of the Lost Kingdom
Animation PV
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Vantage Point
Dennis Quaid, Forest Whitaker
Fool's Gold
Mathew McConaughey, Kate Hudson
Horton Hears a Who
Animation PV
The Other Boleyn Girl
Eric Bana, Natalie Portman
10,000 BC
Steven Strait, Camilla Belle
The Ugly Duckling and Me
Animation PV
Sydney White
Amanda Bynes, Matt Long
Jumper
Hayden Christensen, Samuel L. Jackson
Mad Money
Diane Keaton, Queen Latifah

**LUSOMUNDO
PARQUENASCENTE
TEL: 707 246362
10 APR-16 APR**

10,000 BC
Steven Strait, Camilla Belle
Vantage Point
Dennis Quaid, Forest Whitaker
Fool's Gold
Mathew McConaughey, Kate Hudson
Rec
Javier Bolet, Manuel Bronchud
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
Definitely, Maybe
Ryan Reynolds, Isla Fischer
The Bank Job
Jason Stratham, Saffron Burrows
Mad Money
Diane Keaton, Queen Latifah
The Other Boleyn Girl
Eric Bana, Natalie Portman
Winx Club: The Secret of the Lost Kingdom
Animation PV
Halloween
Malcolm McDowell, Tyler Mane
Horton Hears a Who
Animation OV & PV
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Juno
Ellen Page, Michael Cera



**OV = English Version
PV = Portuguese
Version**

North



PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 • Tickets can be bought until 10 minutes before the visit • Price: €2; Free for children under 12 • 220120214 • Av. da Boavista, 604-610 • www.casadamusica.com



DAILY

Serralves Foundation: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (Museum & Casa de Serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • serralves@serralves.pt • www.serralves.pt

UNTIL 20 APRIL



Exhibition 'Chain of Revelation' by Júlio Pomar at Museu de Serralves • Júlio Pomar is one of the most acclaimed Portuguese artists, with extremely diversified works developed along more than 50 years. A combination of raw materials and colour • Serralves Museum • Tel: 226156500 / 543 / 584 • www.serralves.pt



Centre

CASCAIS

DAILY

Cascais Cultural Centre • 10h00 to 18h00 (Closed Mon) • Av. Rei Humberto II de Itália • 214848900

DAILY



Sea Museum – Rei D. Carlos • Guided tours: 214825081 • Rua Júlio Pereira de Mello • 10h00-19h00; closed Mondays & Public Holidays • 214825400

ESTORIL

ON SHOW



FOUR: SPIRIT OF THE ELEMENTS • Creative direction by Michael McPherson, ex-performer of Cirque du Soleil • A show not to be missed at Salão Preto e Prata of Casino Estoril • Reservations: 214667700 • Praça José Teodoro dos Santos • info.cestoril@estoril-sol.com • www.casino-estoril.pt

www.the-news.net

LISBOA

12 APRIL

Concert 'Música pelo Médio Oriente' (Music along the Middle East) • 21h30 • S. Jorge Cinema on Av. da Liberdade • Ticket price: €10 • Ticket sales at the cinema box office, Fnac stores and www.ticketline.pt

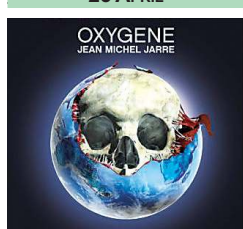
13 APRIL

Concert included in the Great World Orchestras Series by Sächsische Staatskapelle Dresden conducted by Fabio Luisi • Rua das Portas de Santo Antão, 96 • 213240580 • www.coliseulisboa.com

21 APRIL

Steve Smith and Vital Information present in concert «Vitalization» • São Jorge Cinema • 21h30 • Tickets from €22 to €27 • Tickets: Ticketline, Fnac, Agência Abep and Alvalade, São Jorge Cinema

25 APRIL



For the 1st time in Portugal the French world acclaimed electronic musician & composer Jean Michel Jarre presents his Mega Show of light & music 'Oxigene' • Coliseu dos Recreios • 21h30 • Tickets from €25 to €240 • Tickets: Ticketline, Fnac, Agências Abep and Alvalade & Coliseu dos Recreios

12 APRIL

Concerts in commemoration of Casa da Música's 3rd anniversary by PostCard Brass Band (12h, theatre 2, €5) and Casa da Música Baroque Orchestra (21h, Suggia Theatre, €10) • Casa da Música • 220120214 • www.casadamusica.com

13 APRIL

Concerts in commemoration of Casa da Música's 3rd anniversary by Orquestra Nacional do Porto and Maria João Pires (piano soloist) • Sala Suggia of Casa da Música • 12h • €5 • 220120214 • www.casadamusica.com

GUIMARÃES

19 APRIL

Anja Garbarek in Concert • 22h00 • Grand Auditorium of Centro Cultural Vila Flor • Prices from €10 to €15 • Av. • D. Afonso Henriques, 701 • Tel: 253424700 • Fax: 253424710 • www.aoficina.pt



UNTIL 22 JUNE



Exhibition 'Leonardo da Vinci - O Génio' (Leonardo da Vinci - The Genius) at Picadeiro do Colégio dos Nobres, of Museu da Politécnica (Polytechnic Museums). On show are dozens of models in real size, built from da Vinci's drawings, along with other pieces inspired on the life and work of the Italian painter, sculptor, scientist, architect, engineer and inventor, considered one of the greatest genius of humanity. In parallel with the show, there are pedagogical activities for the young ones. A cycle of conferences will take place in simultaneous, in the amphitheatre 2 of the Calouste Gulbenkian Foundation. The exhibition 'Leonardo da Vinci - the Genius' is sponsored by Millennium BCP and promoted by Grafinvest • Mon-Fri: 10h-18h; weekends & holidays: 10h-20h • Rua da Escola Politécnica, 60 • 210997841 / 210997843 / 210997847 • www.leonardodavinciogenio.com

DAILY

National Coach Museum • Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family • 10h00-17h30 (Closed Mondays & holidays) • Afonso de Albuquerque Square • 213610850



ALCANTARILHA

DAILY



Art Gallery at Capela das Artes • Quinta da Cruz on E.N. 125 • Open Tuesdays to Sundays from 16h00 to 21h00 • 282320200 • Fax: 282320209 • admin@capeladasartes.com • www.capeladasartes.com

FARO

2 MAY

Included in the FIMA 2008 (30th Algarve Musica Festival) the Prague Chamber Orchestra conducted by Osvaldo Ferreira will perform at Teatro das Figuras at 21h30 • The repertoire stems mainly from the classicist heritage, mainly inspired in the High Baroque • 289888100 • www.teatrodasfiguras.pt

PORTIMÃO

21 APR-23 MAY



Painting Exhibition by Vitaliy Manich • EMARP - Empresa Municipal de Águas e Resíduos de Portimão, EM • Emarp is situated on Rua José António Marques, 17 • 282400260 • www.emarp.pt

SILVES

UNTIL 13 APRIL



Ruralidades Silves 2008 (Rural Fair 2008) • The natural beauty, traditions and culture of a region and is yet to be discovered. The Fair, with the presence of around 80 exhibitors, aims to illustrate and inform visitors • Fissul - Municipal Fair & Exhibitions Complex • 282440800 • www.cm-silves.pt

SANTANA DA SERRA

DAILY

Horse Riding and Walking at Equi-Serra • For more details or to book: 1 hour, 1, 2, 3 days, or 1 week rides, 938147718 • www.equiserra.com

SÃO B. MESSINES

TUE, WED, SAT

'Desperate Horsewives' social horseriding & lunch for mums and golf widows Tuesday am. • **Pony Club** Sat am & Weds pm • Quinta da Bica, Messines • Livery, hacks, lessons, horse-share and children's pony parties • Call 282332746 or 914795301 • quintadabica@hotmail.com

SERPA

DAILY



Museu Arqueológico (Archaeological Museum) • Alcaçova do Castelo • 9h30-13h00 / 15h30-19h00 • 284540100 • www.cm-serpa.pt

TAVIRA

DAILY



Cachopo Museum • Centro Paroquial de Cachopo • Tel: 289844191 • www.cm-tavira.pt

Concert '3 Pianos' by Pedro Burmester, Bernardo Sassetti and Mário Laginha

16/05 | Pavilhão do Arade (Lagoa) | 21h30



Works from B. Bartók, S. Barber, J. S. Bach, A. Hovhannes, W. A. Mozart and M. Ravel.

Recital by Yang Liu (violin) and I-Hsuan Tsai (piano)

17/05 | Teatro Municipal de S. Brás de Alportel | 21h30 | 18/05 | Silves | 21h30



Works from S. Prokofiev, C. Franck and M. Ravel.

The Bon-Bon (Sesmarias) proudly presents 'Jazz on a Friday'

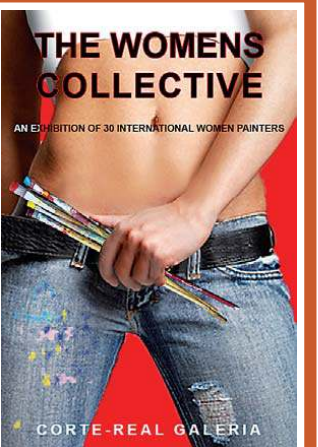
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BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Take on the Takeaway. (R) (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Live Swimming. The World Short Course Championships. (T) 2.10 Live Rugby Union. Leicester Tigers v Ospreys (Kick-off 2.30pm). (T) 4.30 Final Score.

5.20 BBC News; Regional News; Weather. (T) 5.35 Out-Take TV. No star's blushes are spared as Anne Robinson puts celebrity blunders under the spotlight from shows including A Question of Sport, Blue Peter, EastEnders and the BBC Newsroom. (R) (T)

6.05 The Kids Are All Right. New series. Children versus adults challenge, hosted by John Barrowman. (T)

6.45 Doctor Who. Donna and the Doctor travel back to 79AD, where they discover psychic powers and beasts of stone running riot in the streets of old Pompeii. Phil Davis and Peter Capaldi guest star. (T)

7.35 I'd Do Anything. The remaining 10 Nancys take to the stage hoping to win viewers' votes, while the third Oliver to gain a guaranteed place in the semi-final is revealed. Results tomorrow at 7.30pm. (T)

8.40 The National Lottery Draws. Jenni Falconer announces the all-important numbers. (T)

8.50 Casualty. A secret is revealed that explains why Jessica can't commit herself to Adam. A man is raped on his stag night and a 10-year-old arrives in the ED twice with separate injuries. (T)

9.40 Love Soup. Alice finds herself drawn to a writer who worked with Gil Raymond. However, she also has to deal with the attentions of a small-screen heart-throb. Mark Heap guest stars. (T)

10.10 BBC News; Weather; (T) National Lottery Update. (T)

10.30 Match of the Day. Highlights of today's Premier League fixtures, including Birmingham City against Everton at St Andrews and Bolton Wanderers' clash with West Ham United at the Reebok Stadium. The Blues can ease their relegation fears by collecting maximum points against Toffees but, with fourth place still well within reach for David Moyes' side, the hosts will have a tough job in trying to break down their opponents. The Trotters' top-flight future is also hanging in the balance and a win for them is just as important, and something along the lines of their 4-0 success over the Hammers in this fixture last season would do their hopes the world of good. (T)

11.50 FILM: Darkness (2002). Premiere. Horror mystery, starring Anna Paquin; (T) Weatherview.

1.30 BBC News 24. (T)



BBC2

6.00 Fimbles. (R) (T) 6.20 Tikkabilla. (R) (T) 6.50 Tweenies Safety Shorts. (R) (T) 7.00 CBBC: Batfink. (R) (T) 7.10 WITCH. (T) 7.35 Trollz. (R) (T) 8.00 The Sorcerer's Apprentice; (R) (T) Thumb Wrestling Federation: TWf. (R) (T) 8.30 Thumb Wrestling Federation: TWf. (R) (T) 8.35 Even Stevens; (R) (T) Diddy Dick & Dom. (R) (T) 9.00 Escape from Scorpion Island. (R) (T) 9.30 Escape from Scorpion Island. (R) (T) 10.00 Hedz. (R) (T) 10.30 The Slammer. (R) (T) 11.00 What's New Scooby-Doo? (R) (T) 11.20 Animalia. (R) (T) 11.45 Sportsround. (T) 12.00 BBC Switch: Falcon Beach. (T) 12.45 BBC Switch: The Surgery. (T) 1.05 BBC Switch: Sound. (T) 1.35 The Sky at Night. (R) (T) 1.55 FILM: Without a Clue (1988). Detective comedy, starring Michael Caine. (T) 3.40 Monk. (T) 4.25 Live Swimming. The World Short Course Championships. (T) 5.30 FILM: Hostile Waters (1997). Fact-based thriller, starring Rutger Hauer. (T) 7.00 Dad's Army. Sergeant Wilson inherits the title following the death of an elderly relative, and joins the aristocracy - much to Mainwaring's annoyance. (R) (T) 7.30 The Lost World of Tibet. The story of the Dalai Lama. (T) 8.30 Live Golf: The Masters. Gary Lineker introduces coverage of the third day's play at the Augusta National in Georgia, where the world's elite continue to battle it out in the first Major of the year. (T) 12.00 The Apprentice. (R) (T) 1.00 Space Race. (R) (T) 2.05 Mad Men. (R) (T) 2.50 Monk. The detective attends his 25-year college reunion. (R) (T) 3.30 FILM: Naqoyqatsi (2002). Exploration of modern society. (T) 4.55 Close.

Pick of the Day

ER (C4, 8pm)

There are some upsides to working in Chicago's County General hospital - you can usually count on having at least one fling with an implausibly good-looking colleague - but there's no doubt it can also be stressful. However, this episode suggests that doctors who work in jails have to put up with even worse conditions and deal with thornier moral dilemmas than the harassed staff of the ER. Here, a prison doctor saves the son of a convict he helped to execute, but instead of feeling like a hero, it just adds to his guilt at taking at a man's life and tearing a family apart. He decides to ask for forgiveness, but when the next of kin refuse to absolve him, Julie offers him a shoulder to cry on - and is left completely drained by her efforts to play counsellor. On a lighter note, Neela takes part in a (Eorho v surgery! hockey match, and is disgusted to discover the opposition have drafted in a ringer, while Pratt is forced to confront his commitment issues when Betina makes it clear she wants to move their relationship forward. Reiko Aylesworth, Mekhi Phifer, Parminder Nagra and Gina Ravera star.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (R) 8.50 T4: Beauty & the Geek. (R) (T) 9.50 T4: The Green Room. (R) (T) 10.20 T4: Friends. (R) (T) 10.50 T4: Shipwrecked 2008: Meet the Islanders. (T) 11.20 T4: Friends. (R) (T) 11.55 T4: Vanity Lair. (R) (T) 1.00 T4: Pussyat Dolls Present: Girlicious. (T) 2.00 Channel 4 Racing from Kempton Park, Newbury and Doncaster. Including the 3.10 intercasino.co.uk Easter Stakes (1m). (T) 4.10 Deal or No Deal. (T) 5.00 Jamie at Home. (R) (T) 5.30 Location, Location, Location. (R) (T) 6.30 Channel 4 News. (T) 7.00 Grand Designs. Kevin McCulloch follows English architect Gil Briffa and his wife Hilary as they attempt to realise their vision of a dream contemporary home in Malaga, Spain. (R) (T) 8.00 ER. A prison doctor saves the son of a man he executed. (T) 9.00 FILM: My Big Fat Greek Wedding (2002). A woman is thrilled to land the man of her dreams - but her crazy family look set to ensure nothing goes to plan. Romantic comedy, starring Nia Vardalos and John Corbett. (T) 10.50 Lee Evans: Wired and Wonderful - Live at Wembley. (T) 11.50 The Friday Night Project. (R) (T) 12.55 FILM: The Gingerbread Man (1997). John Grisham thriller, with Kenneth Branagh. (T) 3.00 Reasons to Be Cheerful. (R) (T) 3.10 Soul Searching. (R) (T) 4.10 Salvage Squad. (R) (T) 5.10 3 Minute Wonder: The Best of Fourdocs. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Hi-5. (R) (T) 7.40 The Beeps. (R) (T) 7.55 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.25 Little Princess. (R) (T) 8.45 Hana's Helpline. (R) (T) 9.00 The Funky Valley Show. (R) (T) 9.15 Gerald McBoing Boing. (T) 9.45 Mist: Sheep-dog Tales. (T) 10.00 Football Italiano Highlights. (T) 10.45 Neighbours. (T) 12.55 FILM: King Solomon's Mines (1950). Adventure, starring Stewart Granger. (T) 2.50 FILM: Masterminds (1997). Children's adventure, starring Patrick Stewart. 4.45 FILM: My Fellow Americans (1996). Comedy, starring Jack Lemmon. (T) 6.35 five news and sport. (T) 6.50 FILM: Blue Thunder (1983). Special effects-laden action adventure about a Los Angeles police surveillance team battling terrorism with a hi-tech super-helicopter. Malcolm McDowell and Roy Scheider star. (T) 8.45 NCIS. Part one of two. The team reel in the wake of the terrorist attack, but try to avenge Kate's death by collecting as much information as possible on Ari before he does any more damage. (R) (T) 9.40 CSI: NY. The team investigate the death of a woman who appears to have drowned in a self-cleaning toilet and are baffled when the DNA of an incarcerated man is found on her body. Meanwhile, a badly burned corpse is discovered to be that of a street lure racer. Gary Sinise stars. (T) 10.40 Law & Order. (T) 11.40 Crimes That Shook the World. (R) (T) 12.40 Quiz Clack. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

ITV1

Saturday 12/04/08

5.30 ITV Morning News. (T) 6.00 GMTV. 9.55 CITV: My Parents Are Aliens. (R) (T) 10.25 Coronation Street. (R) (T) 12.40 Crocodile Hunter Diaries. (R) (T) 1.10 ITV News and Weather. (T) 1.20 London Today; Weather. (T) 1.25 When Britain First Had Talent. (R) (T) 2.25 Paul Potts - By Royal Command. (R) (T) 3.25 FILM: Sister Act (1992). Musical comedy, starring Whoopi Goldberg. (T)

5.15 London Tonight; Weather. (T) 5.30 ITV News and Weather. (T) 5.45 Animals Do the Funniest Things. New series. Stephen Mulhern presents amazing animal antics caught on camera, including a camel police officer, waterskiing mice and a dog that can scuba dive. (T)

6.45 All Star Mr & Mrs. Fern Britton and Phillip Schofield host this new series, a star-studded update of the classic Seventies game show in which couples reveal just how much they know - or don't know - about each other. The first famous faces taking part for charity are one-time cricketer Phil Tufnell and his wife Dawn, Boyzone's Shane Lynch and his wife Sheena and former EastEnders Wendy Richard and her partner John. (T)

7.45 Britain's Got Talent. Ant and Dec kick off a new series of the talent show looking for the country's brightest new star. This time round, the auditions are being shown over several weeks, leading up to the live finals across a single week at the end of May. Simon Cowell, Piers Morgan and Amanda Holden make up the judging panel again, as hundreds of performers hope to make a similar impression to last year's winner Paul Potts. (T)

9.00 Pushing Daisies. New series. Anna Friel and Lee Pace star in the long-awaited hit US drama about pie-maker Ned, who can bring people back from the dead just by touching them, then send them to the afterlife with just another poke of his finger. He decides to use his power to solve crime, bringing murder victims back to life so they can name their killers - but things get complicated when he resuscitates his childhood sweetheart and decides to let her stay alive, knowing they can never come into physical contact. (T)

10.00 FILM: American Pie (1999). A group of teenage friends go all-out to lose their virginity, but their attempts only lead to embarrassment. Side-splitting comedy, starring Jason Biggs and Shannon Elizabeth. Continues after ITV News and Weather. (T)

11.00 ITV News and Weather; Weather. (T) 11.15 FILM: American Pie (1999). Concluded. (T) 12.05 The Rolling Stones: Shine a Light Movie Special. (T) 12.35 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 1.30 FILM: Summer Catch (2001). Sporting comedy drama, starring Freddie Prinze Jr. (T) 3.10 ITV Nightscreen.

LOCAL

RTP1

0630 Childrens TV 0710 Brinca Comigo 0800 Bom Dia Portugal Fim-de-Semana 1100 Miss Cast Away, film 1130 Segredos da Natureza 1230 Contra 1300 News 1415 Top + 1530 Missão de Joan 1715 Miracle Dogs Too, film 1915 O Preço Certo 2000 News 2115 Operação Triunfo 0215 Film TBA 0415 Teleales

RTP2

0700 Euronews 0730 África 7 Dias 0800 Couto & Coutadas 0830 Entre Pratos 0900 Universidade Aberta 1000 The Moscow Bolshoi Circus 1230 Chocolate, film 1300 Kabom 1330 Bombordo 1400 Afreganistão O Tráfico de Heroína 1500 Sport 2 1900 Entre Pratos 1930 Kabom 2100 Diga Lá Excelência 2145 A Hora da Sorte 2200 News 2315 Um Longo Domingo de Noivado, film 0245 Sport 0615 Euronews

SIC

0700 Sic Kids 0845 Disney Kids 1030 Chiquititas 1200 Nosso Mundo 1300 News 1715 Sahara, film 2000 News 2130 Camacho Costa: 5 Anos de Saude 2300 Desejo Proibido 0000 Resistirei 0330 Quando o Telefone Toca 0415 Killing Emmet Young, film

TVI

0700 Childen TV 0900 Smackdown Wrestling 1030 O Bando dos 4 1200 DeLuxe 1400 Eureka II 1600 Enough, film 1800 National Security, film 2000 News 2245 Deixa-me Amar 0000 Elektra, film 0200 Toca a Ganhar 0330 Born on the Fourth of July, film 0500 The Office 0530 Teleales

Best of the Rest

BBC3

7.30 Dog Borstal 7.35 Doctor Who Confidential 8.20 Top Gear 9.20 The Real Hustle 9.35 Film: Meet the Parents 12 (2000) 11.20 Gavin & Stacey 11.50 Family Guy 12.10 Family Guy 12.35 Young Mums' Mansion 1.30 Lily Allen: My Favourite Bits 2.30 Gavin & Stacey 3.00 The Wall 3.45 Young Mums' Mansion 4.45 Close

BBC4

7.00 Meetings with Remarkable Trees 7.10 In Search of Medieval Britain 7.40 The Book Quilt 8.10 Earth: The Power of the Planet 9.10 Pompeii: The Last Day 10.10 The Best of Youth 11.40 Mad Men 12.25 Mad Men 1.10 Mad Men 1.55 10 Things You Didn't Know About Volcanos 2.55 The Book Quilt 3.25 In Search of Medieval Britain 3.55 Close

ITV2

1.25 American Idol 2.25 Gossip Girl 3.25 Gossip Girl 4.25 Gossip Girl 5.15 Britain's Got Talent 6.45 Film: Bill & Ted's Excellent Adventure PG (1988) 8.30 The Planet's Funniest Animals 9.00 Thank God You're Here 10.00 Britain's Got More Talent 11.00 Katie & Peter: The Next Chapter 12.00 Britain's Got Talent 1.15 Britain's Got More Talent 2.15 Entourage 2.45 The Office: An American Workplace 3.10 Movies Now 3.20 Emmerdale 5.25 ITV2 Nightscreen

Sky One

1.00 Vroom Vroom 2.00 Are You Smarter Than a 10 Year Old? 3.00 Are You Smarter Than a 10 Year Old? 4.00 Are You Smarter Than a 10 Year Old? 5.00 Malcolm in the Middle 5.30 Futurama 6.00 Futurama 6.30 Futurama 8.00

The Simpsons 8.30 The Simpsons 9.00 Road Wars 10.00 Road Wars 11.00 Law & Order 12.00 Too Much Too Young 1.00 Film: Grizzly Rage (2007) 2.25 Night Cops 3.20 Road Wars 4.15 Road Cops 5.10 Guilty!

UKTV Gold

1.00 Last of the Summer Wine 1.40 Last of the Summer Wine 2.20 Last of the Summer Wine 3.00 Last of the Summer Wine 3.40 Last of the Summer Wine 4.20 Last of the Summer Wine 5.00 Open All Hours 5.40 Porridge 6.20 The Thin Blue Line 7.00 My Family 7.40 dinnerladies 8.20 Blackadder Goes Forth 9.00 Film: Grassie Pointe Blank 15 (1997) 11.10 Blackadder Goes Forth 11.50 Blackadder II 12.30 The Thin Blue Line 1.10 The Thin Blue Line 1.45 Blackadder II 2.15 Some Mothers Do 'Ave 'Em 2.45 The Thin Blue Line 3.15 Dallas 4.05 Last of the Summer Wine 4.30 Last of the Summer Wine 5.00 As Time Goes By 5.30 2point4 Children

TCM

1.00 Dream Wife U (1953) 3.00 The Man Who Came to Dinner U (1941) 5.05 Take the High Ground PG (1953) 7.00 White Heat PG (1949) 9.00 Rebel Without a Cause PG (1955) 11.00 Beetlejuice 15 (1988) 12.35 The Screening Room 1.00 Eye of the Devil 15 (1967) 2.35 Sergeant York U (1941) 5.00 The Charge of the Light Brigade U (1936)

The Disney Channel

Kids' programmes from 7am, except: 4.00 Film: High School Musical Dance-Along Version U (2006) Teen drama, starring Zac Efron. 5.45 Film: High School Musical 2: Play Your Part U (2007) Comedy sequel, starring Zac Efron.

MOVIES

Sky Movies Drama

6.10 Nurses on the Line: The Crash of Flight 7 PG (1993) 7.50 Driven to Succeed PG (2004) 9.25 Columbo: Murder, Smoke and Shadows PG (1989) 11.05 The Robber Bride 15 (2007) With Mary-Louise Parker. 12.40 Good Night, and Good Luck PG (2005) With David Strathairn. 2.20 Nurses on the Line: The Crash of Flight 7 PG (1993) With Lindsay Wagner. 4.00 How to Make an American Quilt 12 (1995) With Winona Ryder. 6.00 Something New PG (2006) With Sanaa Lathan. 7.45 Flashbacks of a Fool Special 8.00 Munich 15 (2005) With Eric Bana. 10.45 The Prestige 12 (2006) With Hugh Jackman. 12.55 Idlewild 15 (2006) With Andre Benjamin. 3.00 Nil By Mouth 18 (1997) With Ray Winstone. 5.10 Driven to Succeed PG (2004)

Sky Movies Comedy

6.00 The Adventure of Sherlock Holmes' Smarter Brother PG (1975) 7.40 American Dreamz 12 (2006) 9.30 Ice Age: The Meltdown U (2006) 11.05 No Time for Nuts 11.15 She's the Man 12 (2006) With Amanda Bynes. 1.05 Music and Lyrics PG (2007) With Hugh Grant. 2.55 Teenage Mutant Ninja Turtles II: The Secret of the Ooze PG (1991) With Paige Turco. 4.25 No Time for Nuts 4.35 Ice Age: The Meltdown U (2006) With Ray Romano. 6.10 She's the Man 12 (2006) With Amanda Bynes. 8.00 Music and Lyrics PG (2007) With Hugh Grant. 10.00 Tenacious D in The Pick of Destiny 15 (2006) With

Jack Black. 11.40 American Dreamz 12 (2006) With Hugh Grant. 1.30 Shirley Valentine 15 (1989) With Pauline Collins. 3.20 Tenacious D in The Pick of Destiny 15 (2006) 5.00 Teenage Mutant Ninja Turtles II: The Secret of the Ooze PG (1991)

Sky Movies Action

6.05 Chill Factor 15 (1999) 8.05 The Black Dahlia 15 (2006) 10.20 The Sentinel 12 (2006) 12.20 The Guardian 15 (2006) With Kevin Costner. 2.50 Snake Eyes 15 (1998) With Nicolas Cage. 4.45 The Black Dahlia 15 (2006) With Josh Hartnett. 7.00 The Sentinel 12 (2006) With Michael Douglas. 9.00 The Guardian 15 (2006) With Kevin Costner. 11.20 The Last Boy Scout 18 (1991) With Bruce Willis. 1.10 Body Count 18 (1998) With David Caruso. 2.92 Whispers in the Dark 18 (1992) With Annabella Sciorra. 4.25 Young Ivanhoe PG (1995)

(R)-repeatprogramme;

(T)-programmewithtele-

textsubtitles;

(S)-programmebroad-

castinstereo;

(bw)-blackandwhite.

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Premier League Preview 7.00 Live A1 Grand Prix. The qualifying session for the Shanghai Grand Prix. 9.00 Soccer AM 12.00 Live Scottish Cup Football. Queen of the South v Aberdeen (Kick-off 12.15pm). 3.30 Soccer Saturday 5.15 Live Saturday Night Football. West Bromwich Albion v Watford (Kick-off 5.20pm). 7.30 Scottish Cup Football 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 Sky Sports Classics 3.00 Live Fight Special. Miguel Angel Cotto v Alfonso Gomez. 5.00 Champions League Weekly 5.30 Motor Racing

Sky Sports 2

6.00 Live Test Cricket. India v South Africa. 12.00 High Five 12.30 Live Rugby Union. Gloucester v Saracens (Kick-off 12.35pm). 3.00 Friday Fight Night 5.30 High Five 6.00 Live Super League. Huddersfield Giants v Wakefield Trinity Wildcats (Kick-off 6.00pm). 8.00 Live Greyhound Racing. The Scottish Derby meeting at Shawfield. 10.00 Rugby Union 11.30 A1 Grand Prix 1.30 Spanish Football 3.00 Rugby Union 4.30 Sky Sports Classics 5.00 Live Test Cricket. India v South Africa.

Sky Sports 3

6.00 High Five 6.30 Live Rugby Union. The Crusaders v The Lions (Kick-off 6.35am). 8.30 Live Rugby Union. The Blues v The Brumbies (Kick-off 8.35am). 10.30 WWE: Smackdown 12.30 A1 Grand Prix 2.30 Live

International Cricket. West Indies v Sri Lanka. 11.00 Test Cricket 12.00 Extreme Championship Wrestling 1.00 WWE: Late Night - Bottom Line 2.00 Test Cricket 3.00 Scottish Cup Football 4.00 NFL: Total Access 5.00 Snow Adventures 5.30 World Sport

British Eurosport

7.30 Basketball 7.45 UEFA Cup Football 9.00 Live Swimming. The World Short Course Championships. 11.15 Eurogals 11.45 UEFA Cup Football 1.00 Live MotoGP. The qualifying session for the 125cc Portuguese Grand Prix. 1.45 Live MotoGP. The qualifying session for the MotoGP Portuguese Grand Prix. 3.00 Live MotoGP. Qualifying for the 250cc Portuguese Grand Prix. 4.00 Swimming 4.30 French Rugby 5.30 Live Swimming. The World Short Course Championships. 6.30 Live Show Jumping. The Global Championships Tour from Doha, Qatar. 8.00 MotoGP 9.30 World Superbikes 10.30 Curling 12.20 WTA Tennis 1.00 Close

Sky Sports Xtra

6.00 Tight Lines 7.00 Big League Weekend 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Friday Fight Night 11.30 Racing News 12.00 NFL: Total Access 1.00 Davis Cup Tennis 3.30 WWE: Smackdown 5.30 WWE: Bottom Line 6.30 Live Davis Cup Tennis. USA v France. 9.00 Live Spanish Football. A La Liga match. 11.00 NFL: Total Access 12.00 Davis Cup Tennis 1.30 Live NASCAR. The Subway Fresh Fit 500. 5.00 Wild Sports 5.30 High Five



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BBC1

6.00 Breakfast. (T) 7.05 Match of the Day. (T) 8.30 London Marathon. The 28th staging of the annual event on the streets of London. (T) 2.00 The Politics Show. (T) 3.05 EastEnders. (T)

5.00 Keeping Up Appearances. Hyacinth plans a special event. (R) (T)

5.30 Songs of Praise. Pam Rhodes visits Rochester Cathedral to meet a guide whose job takes him around the world. Hymns include To God Be the Glory, I Heard the Voice of Jesus and Blessing and Honour. (T)

6.05 BBC News; Regional News; Weather. (T)

6.30 Seaside Rescue. An elderly woman gets stranded in woodland. (R) (T)

7.00 My Family. Ben falls in love with his neighbour's large plasma-screen TV when he takes delivery of it for them. Meanwhile, Michael's current flame may be expecting a smaller but more problematic delivery. Domestic comedy, starring Robert Lindsay and Zoe Wanamaker as harassed parents. (R) (T)

7.30 I'd Do Anything. Graham Norton presents as one of the finalists for the part of Nancy as asked to leave the competition. (T)

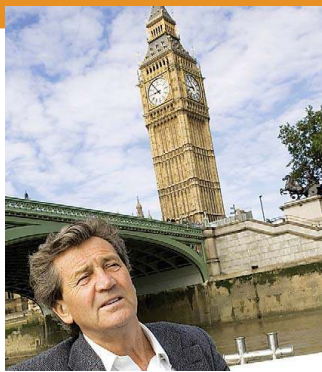
8.00 Tiger - Spy in the Jungle. The cubs take their final lessons in how to master the jungle, and the two males prepare to leave the family to face the world independently. Last in series. (T)

9.00 Casualty 1907. In the concluding part of the period medical drama, the future of the Royal London Hospital looks grim as Chairman Sydney Holland launches a last ditch campaign to raise essential funds. Meanwhile, the Receiving room is inundated with injured workers from the Rotherhithe Tunnel, and the staff are forced to consider using an experimental antitoxin when Ethel contracts scarlet fever. (T)

10.00 BBC News; Weather. (T)

10.20 Match of the Day 2. Adrian Chiles introduces highlights of today's Premier League fixtures, featuring Liverpool v Blackburn Rovers at Anfield and Manchester United v Arsenal at Old Trafford. The Reds have failed to beat Mark Hughes's men in their last three attempts, which included a 0-0 draw at Ewood Park earlier in the season, but they need three points here to stay in the hunt for fourth place. The Red Devils thrashed the Gunners 4-0 on this ground in the fifth round of the FA Cup and are on course for a second successive championship title, but a win for the Gunners could see the race take yet another twist. (T)

11.20 FILM: She's Having a Baby (1988). Comedy drama, starring Kevin Bacon; (T) Weatherwise. 1.05 Sign Zone: Around the World in 80 Gardens. (R) (T) 2.05 Sign Zone: Holly City. (R) (T) 3.05 Sign Zone: Watchdog. (R) (T) 3.35 Sign Zone: To Buy or Not to Buy. (R) (T) 4.05 BBC News 24. (T)



BBC2

6.00 Fimbles. (R) (T) 6.20 Tikkabilla; (R) (T) Tweenies Safety Shorts. (R) (T) 7.00 CBBC: Legend of the Dragon. (R) (T) 7.25 Watch My Chops. (R) (T) 7.35 The Batman; (R) (T) Bernard. The polar bear dives into the swimming pool. (R) (T) 8.00 Trapped. (R) (T) 8.30 Raven: The Secret Temple. (R) (T) 9.00 Hider in the House. (T) 10.00 Something for the Weekend. (T) 11.30 Animal Park. (R) (T) 12.30 Live MotoGP. The Portuguese Grand Prix. (T) 2.00 Rugby Union. (T) 2.45 Live Swimming. The World Short Course Championships. (T) 5.50 Natural World. (R) (T) 6.40 London Marathon. (T) 7.30 Live Golf: The Masters. Gary Lineker presents coverage of the final round at the Augusta National in Georgia, as the first Major of the year reaches its climax. Subsequent programmes subject to change. (T) 12.00 Last Man Standing. (T) 12.55 FILM: Viva Marial (1965). Comedy adventure, starring Brigitte Bardot. (T) 2.50 BBC News 24. (T) 3.50 The Super League Show. (T) 4.25 Inside Sport. (R) (T) 5.05 London Marathon. The 28th staging of the annual event on the streets of London. (R) (T)

The codes are:

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

Pick of the Day

Melvyn Bragg's Travels in Written Britain (ITV1 Granada, 10.45pm)

The celebrated writer and broadcaster continues his journey around the nation's literary hotspots in a programme that hails the men and women who have drawn inspiration from them. From Westminster Bridge, the location for Wordsworth's celebration of dawn, Melvyn Bragg travels downriver by boat, and up to the West End on a double-decker bus, by way of St James, before delving into the dark world of London's 19th-century child sweatshops. He then arrives on the South Bank, and the home of foul-mouthed Thames boatmen and the street slang of Shakespeare's day. Crossing a city of fog, fire and filth, we hear why the Victorians feared to tread the streets of the East End. The river played a dark role in this part of London. Outside the old city limits, the Thames passes through Wapping which was for centuries a lawless outpost for low-lives (now home to journalists) before heading on to Joseph Conrad's Gravesend and the ghosts of Britain's seafaring tradition. Contributors include Stephen Fry, Boris Johnson, Tracey Emin, Martin Amis, PD James, Peter Ackroyd, Ian Hislop, Peter Bazalgette, Monica Ali and Ken Livingstone, in what has become must-see viewing for literature aficionados.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Transworld Sport. (T) 7.55 High Five. 8.25 The Shooting Party. (T) 8.50 T4: Shipwrecked 2008: Meet the Islanders. (R) (T) 9.25 T4: Hollyoaks. (T) 11.55 T4: Shipwrecked 2008: Battle of the Islands. (T) 1.30 T4: Shipwrecked 2008 Special. (T) 2.05 T4: The Green Room. (T) 2.35 T4: Beyonce: Live in LA. (T) 4.10 T4: The Simpsons. (R) (T) 4.40 The British Book Awards. (T) 5.45 Secrets of the Stately Garden: A Time Team Special. (R) (T) 6.45 Channel 4 News. (T) 7.00 Brenner, Bird and Fortune. Political satire with the comedy trio. (T) 8.00 Bear Grylls: Born Survivor. New series. Adventurer Bear Grylls returns to demonstrate more techniques for survival in the world's most extreme environments, starting with a two-part special in the Sahara. (T) 9.00 FILM: Dodgeball: A True Underdog Story (2004). Premiere. The struggling owner of a run-down gym takes drastic action when a rival looks set to take over. Spirited sporting comedy, starring Ben Stiller and Vince Vaughn. (T) 10.50 FILM: Doc Hollywood (1991). Comedy, starring Michael J. Fox. (T) 12.45 FILM: The Big Chill (1983). Comedy drama, starring Glenn Close. (T) 2.40 FILM: Timecode (2000). Drama, starring Salma Hayek. (T) 4.20 Headland. Charlie tells the police about Jack. Last in series. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (R) (T) 6.05 Bird Bath. (R) (T) 6.10 Softies. (R) (T) 6.15 Sailor Sid. (R) (T) 6.20 Aussie Antics. (R) (T) 6.25 Angels of Jarm. (R) (T) 6.35 Elmo's World. (R) (T) 6.55 Hi-5. (R) (T) 7.35 The Beeps. (R) (T) 7.55 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.25 Little Princess. (R) (T) 8.40 Hana's Helpline. (R) (T) 8.55 The Funky Valley Show. (R) (T) 9.10 Gerald McBoing Boing. (T) 9.40 Mist: Sheepdog Tales. (T) 10.00 The Gadget Show. (R) (T) 11.00 My Music. (T) 12.05 FILM: Gun for a Coward (1956). Western, starring Fred MacMurray. (T) 1.45 Football Italiano. Udinese v AS Roma (Kick-off 2.00pm). (T) 4.10 FILM: Meteor (1979). Disaster drama, starring Sean Connery. (T) 6.05 five news and sport. (T) 6.25 FILM: The Flintstones in Viva Rock Vegas (2000). Mark Addy stars in this prequel, which sees a younger Fred, Barney, Betty and Wilma heading for the Stone Age gambling capital. Comedy, with Stephen Baldwin and Kristen Johnston. (T) 8.00 FILM: The Legend of Zorro (2005). Premiere. Antonio Banderas returns as the masked hero in this adventure sequel, battling a mysterious organisation that wants to keep California from joining the United States. (T) 10.30 FILM: Nurse Betty (2000). A deluded woman goes in search of her soap-opera idol - little suspecting psychopathic killers are hot on her heels. Perkier blend of comedy and thriller, starring Renee Zellweger. (T) 12.30 The Great Ireland Run. 1.00 Live Major League Baseball. Boston Red Sox v New York Yankees. 4.20 IndyCar Series. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 CITV: Jim Jam & Sunny. (T) 9.40 Jim Jam & Sunny. (T) 9.55 Meg & Mog. (R) (T) 10.05 Jim Jam & Sunny. (T) 10.20 Championship Goals. (T) 11.20 ITV News and Weather. (T) 11.25 London Today; Weather. (T) 11.35 FILM: Columbo Likes the Nightlife (2003). Detective drama, starring Peter Falk. (T) 1.20 Britain's Got Talent. (R) (T) 2.35 FILM: Uncle Buck (1989). Family comedy, starring John Candy. (T) 4.30 Pushing Daisies. (R) (T)

5.30 Dog Rescue. A retired greyhound is in need of a new home. Last in series. (T)

6.00 Tales from the Country. The oddities of the English countryside. (T)

6.25 London Tonight; Weather. (T)

6.40 ITV News and Weather. (T)

7.00 TV's Funniest Music Moments. A compendium of embarrassing performances by aspiring pop singers and established stars, including the This Morning team impersonating the Spice Girls and Coronation Street's William Roache demonstrating his talent as a rapper, plus misguided attempts at vocal virtuosity by everyone from Britney Spears to the Krankies. Narrated by Sue Perkins. (T)

8.00 Foyle's War. When an unpopular employee at Sackville House is found murdered there is no shortage of suspects, but a colleague of the man, exiled Polish Jew Josef Novak, holds himself responsible for the death. Foyle is convinced there is another explanation, but his priorities shift when news of the Nazi-hating Tommy Crooks, a boy missing from London, reaches Hastings. The second story in the occasional series, starring Michael Kitchen, with Nicholas Woodeson and Danny Worters. (T)

10.00 Headcases. Cutting-edge satirical sketches featuring computer-generated images of celebrities, politicians and people in the public eye. Everyone from Amy Winehouse to Gordon Brown is sent up mercilessly. Rory Bremner, Jon Culshaw and Katy Brand are among the impressionists voicing the characters. (T)

10.30 ITV News and Weather; Weather. (T)

10.45 Melvyn Bragg's Travels in Written Britain. A journey through London examining the street slang of Shakespeare's day and the language of the foul-mouthed Thames boatmen. Plus, the Victorian view on the streets of the East End. (T)

11.45 Britain's Biggest Storm. Recalling the night of October 16, 1987 when the worst storm for 300 years raged across southern England, killing 19 people and devastating the landscape. (R) (T)

1.05 Cathedral; (R) (T) ITV News Headlines. 2.00 Dial a Mum. (R) (T) 2.35 Under One Roof. (R) (T) 3.00 Under One Roof. (R) (T) 3.25 People's Court. (R) (T) 4.20 ITV Nightscreen.

LOCAL Best of the Rest

RTP1

0630 Brinca Comigo 0800 OS Animais mais Mortíferos do Mundo 0900 Eucarista Domingal 1000 Eucarista Domingal 1100 Equipados Para Marar 1200 AB Ciência 1230 Mr Bean 1300 News 1415 Ben Hur, film 1530 Traveller 1745 Operação Triunfo 2000 News 2100 As Escolhas de Marcelo Rebelo de Sousa 2130 Conta-me Como Foi 2300 Depois do Adeus 0045 Klimt, film 0400 Telesales 0605 Nôs

RTP2

0700 Euronews 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 Nôs 1045 Da Terra ao Mar 1115 Consigo 1200 Vida Por Vida 1230 National Geographic 1330 Entre Pratos 1400 Redame 1445 A Voz do Cidadão 1600 Sport 2 1900 Couto & coutadas 1930 A Alma e a Gente 2000 Bombordo 2030 The Simpsons 2100 A História da Índia 2200 News 2240 Camara Clara 2300 Britom 0050 Onida Curta 0150 A Alma e a Gente 0200 Sport 0600 Euronews

SIC

0700 Floribella 0930 Os Bandidos 1000 Trazan II: The Legend 1230 Olavo 1300 News 1400 Fame 1500 Entrapment 2000 News 2130 Camilo em Sarilhos 2215 Duas Caras 2345 Aquil Não Há Quem Viva 0045 The Interpreter, film 0145 Amazônia 0230 Quando o Telefone Toca 0415 O Jogo

TVI

0645 Children's TV 0900 Morangos Com Açúcar 1100 Missa Braga 1230 Olavo Dia 1300 News 1410 Top + 1530 Ciclismo: Tour of Frande 1630 Film TBA 2000 News 2130 Morangos Com Açúcar 2230 Ilha dos Amores 2330 Doce Fugitiva 0130 Film TBA 0215 Toca a Ganhar 0330 Zeus and Roxanne 0500 Telesales

BBC3

7.00 Sound 7.30 The Real Hustle 8.00 Doctor Who 8.50 Doctor Who Confidential 9.00 Gavin & Stacey 9.30 Pulling 10.00 Lily Allen: My Favourite Bits 11.00 Family Guy 11.25 Family Guy 11.45 Gavin & Stacey 12.15 Pulling 12.45 Lily Allen: My Favourite Bits 1.40 The Real Hustle 2.10 Freaky Eaters 3.10 Spenhalochs 4.05 Dog Borsal 4.35 Doctor Who Confidential 4.45 Close

BBC4

7.00 Sacred Music 8.00 Proms on Four 9.00 Dear Television 9.10 Washes Whiter 10.00 Mad Men 10.45 Rather You Than Me 11.45 Who Killed Kirsty MacColl? 12.45 Proms on Four 1.40 Sacred Music 2.40 Rather You Than Me 3.40 Close

ITV2

1.40 Film: Bill & Ted's Excellent Adventure PG (1988) 3.20 Coronation Street 5.45 American Idol 6.45 Britain's Got Talent 8.00 Britain's Got More Talent 9.00 Supernatural 10.00 Bionic Woman 11.00 Katie & Peter: The Next Chapter 12.00 Film: Manhunter 18 (1986) 2.20 Keith Lemon's Very Brilliant World Tour 2.45 Teleshopping 5.45 ITV2 Nightscreen

Sky One

1.00 Crash Test Dummies 2.00 The Dog Whisperer 3.00 Project Runway 4.00 Malcolm in the Middle 4.30 Malcolm in the Middle 5.00 The Simpsons 5.30 The Simpsons 6.00 Are You Smarter Than a 10 Year Old? 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons

9.00 Film: You've Got Mail PG (1998) 11.15 Ross Kemp in Afghanistan 12.15 Road Wars 1.15 Road Wars 2.10 Road Wars 3.05 Night Cops 3.55 Vroom Vroom 4.45 America's Dumbest Criminals 5.10 Guilty!

UKTV Gold

1.00 Only Fools and Horses 1.40 Only Fools and Horses 2.20 Only Fools and Horses 3.00 Only Fools and Horses 3.40 Only Fools and Horses 4.20 Only Fools and Horses 5.00 Dancing with the Stars 6.30 Dancing with the Stars 7.30 Only Fools and Horses 9.00 My Family 10.05 My Family 10.45 Only Fools and Horses 11.25 Only Fools and Horses 12.05 Only Fools and Horses 12.45 My Family 1.50 My Family 2.20 Some Mothers Do 'Ave 'Em 2.50 What a Carry On! 3.15 As Time Goes By 3.45 Dallas 4.40 2point4 Children 5.10 What a Carry On! 5.35 Neighbours

TCM

1.00 The Glass Bottom Boat U (1966) 3.00 The Great Lie PG (1941) 4.55 2010 PG (1984) 7.00 The Private Lives of Elizabeth and Essex U (1939) 9.00 Dirty Harry 18 (1971) 10.50 Brainstorm 15 (1983) 12.45 Children of the Damned 15 (1964) 2.25 A Tale of Two Cities PG (1935) 5.00 The Clock U (1945)

The Disney Channel

Kids' programmes from 7am, except: 4.00 Film: High School Musical Dance-Along Version U (2006) Teen drama, starring Zac Efron. 5.50 Film: High School Musical 2: Play Your Part U (2007) Comedy sequel, starring Zac Efron.

Sky Movies Drama

6.40 Here Comes the Son PG (1996) 8.20 Confessions of an Ugly Stepsister U (2001) 10.00 The White Countess PG (2005) 12.20 Love Letters PG (1999) With Laura Linney. 1.55 Breakfast on Pluto 15 (2005) With Cillian Murphy. 4.10 Columbus: Sex and the Married Detective 15 (1989) With Peter Falk. 5.55 Stepping Out PG (1991) With Liza Minnelli. 7.45 Flashbacks of a Fool Special 8.00 Infamous 15 (2006) With Toby Jones. 10.00 Meet Joe Black 12 (1998) With Brad Pitt. 1.00 Amistad 15 (1997) With Anthony Hopkins. 3.35 A Separate Peace 12 (2004) 5.20 Confessions of an Ugly Stepsister U (2001)

Sky Movies Comedy

6.30 Comedy Close Up 7.00 Legal Eagles PG (1986) 9.00 Total Film Red Carpet Event 9.30 Teenage Mutant Ninja Turtles III PG (1992) 11.15 Fun with Dick and Jane 12 (2005) With Jim Carrey. 12.50 Grease PG (1978) With John Travolta. 2.50 Rush Hour 12 (1998) With Jackie Chan. 4.35 Police Academy 6: City Under Siege PG (1989) With Bubba

Smith. 6.05 Grease PG (1978) With John Travolta. 8.00 Rush Hour 12 (1998) With Jackie Chan. 10.00 Fun with Dick and Jane 12 (2005) With Jim Carrey. 11.35 Legal Eagles PG (1986) With Robert Redford. 1.35 I'm Gonna Git You Sucka 15 (1988) With Keenen Ivory Wayans. 3.05 Bull Durham 15 (1988) 4.55 Teenage Mutant Ninja Turtles III PG (1992)

Sky Movies Action

6.05 Behind Enemy Lines: Axis of Evil 15 (2006) 7.55 Three Fugitives PG (1989) 9.45 Batman and Robin PG (1997) 11.55 Snakes on a Plane 15 (2006) With Samuel L. Jackson. 1.45 Diplomatic Siege 15 (1999) With Tom Berenger. 3.35 Behind Enemy Lines: Axis of Evil 15 (2006) With Nicholas Gonzalez. 5.20 Billy Bathgate 15 (1991) With Dustin Hoffman. 7.10 Snakes on a Plane 15 (2006) With Samuel L. Jackson. 9.00 Striking Distance 15 (1993) With Bruce Willis. 10.45 Underworld: Evolution 18 (2006) With Kate Beckinsale. 12.35 To Live and Die in LA 18 (1985) With Willem Dafoe. 2.35 Vanishing Point 18 (1971) With Barry Newman. 4.35 Batman and Robin PG (1997)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

Sky Sports 1

6.00 U Can Do It 6.05 Scottish Cup Football 7.00 Live A1 Grand Prix. The Shanghai Grand Prix. 9.30 Champions League Weekly 10.00 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Super Sunday. Liverpool v Blackburn Rovers (Kick-off 1.30pm). 3.30 Live Super Sunday. Manchester United v Arsenal (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Live Spanish Football. A La Liga double-bill. 10.00 Football Special 11.30 Super Sunday: The Last Word 12.00 Spanish Football 2.00 Football Special 3.30 Super Sunday: The Last Word 4.00 Spanish Football

Sky Sports 2

6.00 Live Test Cricket. India v South Africa. 12.00 A1 Grand Prix 2.00 NASCAR 4.00 Wild Spirits 4.30 High Five 5.00 NASCAR 7.00 Test Cricket 9.00 A1 Grand Prix 11.00 NASCAR 1.00 Max NFL: America's Game 3.30 Wild Spirits 4.00 Snow Adventures 4.30 High Five 5.00 Live Test Cricket. India v South Africa.

Sky Sports 3

6.00 Race World 7.00 Football First 8.30 Football First 10.00 Big Fight Special 11.30 Wild Spirits 12.00 Davis Cup Tennis 1.30 High Five 2.00 Big Fight Special 3.30 World Sport 4.00 Test Cricket 6.00 WWE: Experience 7.00 Big

SPORT

Fight Special 8.30 High Five 9.00 WWE: Late Night - Afterburn 10.00 WWE: Heat 11.00 Watersports World 12.00 Test Cricket 2.00 Close

British Eurosport

7.30 Basketball 7.45 Swimming 9.00 Live Swimming. The World Short Course Championships. 10.15 MotoGP 10.30 Live MotoGP. An introduction to the Portuguese Grand Prix. 11.00 Live MotoGP. The 250cc Portuguese Grand Prix at Estoril. 12.15 Live MotoGP. The MotoGP Portuguese Grand Prix at Estoril. 2.15 Live MotoGP. The 125cc Portuguese Grand Prix at Estoril. 3.30 Live Cycling. The Paris-Roubaix race. 4.30 London Marathon 5.30 Motorsports Weekend 6.00 Live WTA Tennis. The final of the Bausch & Lomb Championships. 7.45 MotoGP 9.15 Live Curling. Coverage of the men's World Championship final. 10.30 Swimming 11.45 Cycling 12.30 French Rugby 1.00 Close

Sky Sports Xtra

6.00 Davis Cup Tennis 7.30 Spanish Football 9.00 WWE: Afterburn 10.00 WWE: Heat 11.00 High Five 11.30 Racing News 12.00 NFL: America's Game 1.00 Super League 3.00 British Ice Hockey 5.30 World Sport 6.00 Live Davis Cup Tennis. USA v France. 9.00 Watersports World 10.00 NFL: America's Game 11.00 High Five 11.30 World Sport 12.00 Davis Cup Tennis 2.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Homes Under the Hammer. (R) (T) BBC News: Weather. (T) 11.00 Open House. (R) (T) 11.30 Cash in the Attic. (R) (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News: Weather: Regional News. (T) 3.05 CBeebies: Space Pirates. (R) (T) 3.35 CBBC: Small Talk Diaries. (T) 3.50 Eliot Kid. (T) 4.00 Thumb Wrestling Federation: TWFF. (R) (T) 4.30 Thumb Wrestling Federation: TWFF. (T) 4.10 Roar. (T) 4.35 New Beginnings: Grange Hill. (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson. (T)
6.00 BBC News: Weather. (T)
6.30 Regional News Programmes: Weather. (T)
6.55 Party Election Broadcast. By the UK Independence Party. (T)

7.00 The ONE Show. (T)
7.30 Watchdog. Investigation show, exposing rogue traders and fighting for consumers' rights. With Nicky Campbell, Paul Heiney and Julia Bradbury. (T) BBC News: Regional News. (T)

8.00 EastEnders. Bianca anxiously awaits the return of her kids, and worries people will think her an unfit mother. Steven is frustrated by his lack of sexual experience, so he lays plans to take his relationship with Stacey to the next level. Gus takes a risky public stand against Sean in the Vic. (T)

8.30 Panorama. Business presenter Declan Curry examines Britain's prospects of weathering the global economic storm amid talk of a credit crunch, rising food and fuel prices and the threat of recession. Presented by Jeremy Vine. (T)

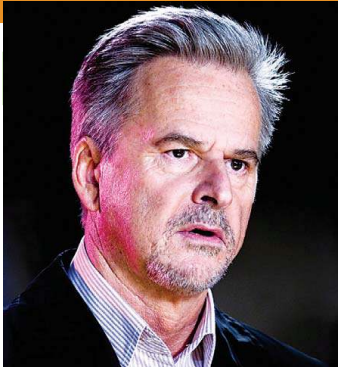
9.00 Waking the Dead. New series of the detective drama. Part one of two. When a woman defends her daughter from a mugger, she sets in motion a chain of events that places herself and her children in mortal danger, as her DNA is linked to a cold murder case. Meanwhile, Boyd hears news of his son, who has been missing for seven years. Trevor Eve and Sue Johnston star. Continues tomorrow. (T)

10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News: Weather. (T)

10.35 Meet the Immigrants. New series. Documentary following migrants working in Britain, as well as those in northern France as they attempt to enter the UK. The first episode tells the stories of a Latvian woman working in a Dorset hotel and a Romanian starting a new life as a taxi driver. (T)

11.05 Inside Sport. Journalists Steve Bunce and Des Kelly join Gabby Logan for the weekly round-up, with interviews, features and reaction to all the latest headlines. (T)

11.45 FILM: The Best of Times (1986). Comedy drama, starring Robin Williams. (T) Weatherview.
1.30 Sign Zone: Louis Theroux's African Hunting Holiday. (R) (T) 2.30 Sign Zone: Gardeners' World. (R) (T) 3.30 Sign Zone: Blackpool Medics. (R) (T) 4.00 Sign Zone: To Buy or Not to Buy. (R) (T) 4.30 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) The Owl. (R) (T) 7.30 Hider in the House. (R) (T) 8.30 CBeebies: Jackanory Junior. (R) (T) 8.45 Numberjacks. (R) (T) 9.05 Boogie Beebies. (R) (T) 9.15 Me Too! (R) (T) 9.35 Something Special. (R) (T) Tweenies Safety Shorts. (R) (T) 10.00 in the Night Garden. (R) (T) 10.30 Schools: Focus. (T) 10.50 Look and Read. (T) 11.10 Razzledazzle. (T) 11.30 Watch. (T) 11.45 The Magic Key. (T) 12.00 Open Gardens. (R) (T) 12.30 Working Lunch. (T) 1.00 Schools: KS1 Science Clips. (T) 1.10 KS2 Science Clips. (T) 1.20 Primary Geography. (T) 1.30 FILM: Return of the Bad Men (1948). Western, starring Randolph Scott. (T) (bw) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (R) (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 As Time Goes By. First of two specials. Jean looks forward to becoming a grandmother. (R) (T) 7.50 New Forest Ponies. Horses that live in Hampshire's New Forest. (R) (T) 8.00 University Challenge: The Professionals. A team from Salisbury Cathedral compete against rocket scientists. (T) 8.30 Delia. Desserts made using ready-made ingredients. Last in series. (T) 9.00 Am I Normal? New series. Dr Tanya Byron examines addiction. (T) 10.00 The Grumpy Guide to Politics. (R) (T) 10.30 Newsnight. Weather. (T) 11.20 Court on Camera: BBC Four on BBC Two. (T) 12.00 BBC News 24. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

Waking the Dead (BBC1, 9pm)

If you like your crime dramas without a sugar coating, but crammed to the rafters with twisty plots, brilliant acting and believable characters (who don't feel the need to explain what's going on every five minutes), then you'll be one of the millions counting down the minutes until this sublime series hits our screens again. Yes, Trevor Eve is back as the oh-so-shouty Detective Boyd, leading his team of forensic experts, Grace (Sue Johnston), Spence (Wil Johnson), Eve (Tara Fitzgerald) and Stella (Felicite Du Jeu) through yet another emotional minefield of cold cases. The six-part run kicks off with this two-part tale, in which a woman is captured on CCTV defending her daughter from a mugger. However, when her DNA is found to match a sample found at the scene of a murder that took place in the 1990s, the team swing into action. Meanwhile, as if that wasn't enough to get Boyd and his Armani knickers in a twist, he's gobsmacked when, seven years after he vanished, news emerges of his son's whereabouts. Cue more angst as the copper tries to do his duty while his heart presumably breaks. Battlestar Galactica actress Michelle Forbes guest stars.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Friends. (R) (T) 10.00 The OC. (R) (T) 10.55 Smallville. (R) (T) 11.45 Small Railway Journeys. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.30 FILM: Millions Like Us (1943). World War Two drama, starring Patricia Roc. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Rivers of Blood. New series. Investigating the impact of Enoch Powell's speech on the people of Britain 40 years on, beginning with the views of a black regular at a predominantly white pub. (T) 8.00 Immigration: The Inconvenient Truth. Raghie Omaar continues his investigation with a trip to Leicester, set to become Britain's first majority non-white city. He talks to locals and explores racial tensions in the area. (T) 9.00 Quest for the Lost Ark. Professor Tudor Parfitt's hunt for the legendary Ark of the Covenant. (T) 10.35 FILM: John Carpenter's Vampires (1998). Horror thriller, starring James Woods. (T) 12.35 Interview with a Poltergeist. (R) (T) 1.35 FILM: Kinsey (2004). Premiere. Acclaimed fact-based drama, starring Liam Neeson. (T) 3.35 First Cut: Allergic to the 21st Century? (R) (T) 4.05 Soul Searching. Part two. How the human soul expresses itself. (R) (T) 5.05 St Elsewhere. (R)

FIVE

6.00 Milkshake! Oswald. (R) (T) 6.10 Hana's Helpline. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (T) 6.45 Fireman Sam. (R) (T) 7.00 Mio Mao. (R) (T) 7.50 Roary the Racing Car. (R) (T) 7.20 Rupert Bear. (R) (T) 7.30 The Mr Men Show. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fit and the Flowerpots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Sailor Sid. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Put Your Money Where Your House Is. (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.05 FILM: Mary Higgins Clark's Remember Me (1995). Psychological thriller, starring Kelly McGillis. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Money Life. (R) (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 How Do They Do It? A tree-felling machine in Finland. (T) 7.30 five news update. 8.00 The Gadget Show. Jon Bentley takes to the slopes with champion skier Graham Bell to test hi-tech jackets. The team trial a range of laptop bags and investigate how gadgets are covered by insurance. (T) 8.00 five news at 9. 9.00 Extraordinary People: Half Man Half Tree. An Indonesian man with a rare skin condition. (T) 10.00 Dom Joly's Complainers. New series. Tackling irritations of modern life. (T) 11.05 FILM: Red Corner (1997). Thriller, starring Richard Gere. (T) 1.25 NASCAR. 2.10 NHL Ice Hockey. 4.20 Grand American Racing. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

6.00 London Tonight: Weather. (T)
6.25 Party Election Broadcast. By the UK Independence Party. (T)

6.30 ITV Evening News: Weather. (T)
7.00 Emmerdale. Carl looks to hire a PA and Matthew asks Lexi to apply, promising he'll make it worth her while if she acts as a mole. A seed of suspicion is planted in Hilary's mind when she sees Laurel holding baby Arthur. Val decides the Woolpack needs a makeover. (T)

7.30 Coronation Street. A furious Roy storms over to the building site and demands answers from Tony when the environmental inspector fails to find any bats. Jerry forces a reluctant Darryl back behind the kebab shop counter, but it's not long before he decides to quit for good, and Ryan struggles to accept Alex in his mum's life. (T)

8.00 Flat Broke: Tonight. (T)
8.30 Coronation Street. Roy recruits Ken and Becky to help him teach Tony a lesson when Jason comes clean about smoking out the bats. A remorseful David posts a letter to Tina and shows signs of turning over a new leaf, while Darryl stands firm in his decision not to return to work and Sean makes plans to go away with Lauren. (T)

9.00 The Fixer. Mercer clashes with Lenny over Rose's involvement in an attempt to assassinate powerful jury-fixer Richard Blakeney, and the former soldier is faced with a difficult decision when his target offers him a job that would involve disposing of his mysterious employer. John Castle guest stars in the final episode of the series, with Andrew Buchan, Tamzin Outhwaite and Peter Mullan. (T)

10.00 News at Ten and Weather: Weather. (T)

10.35 FILM: Practical Magic (1998). Fantasy, starring Sandra Bullock and Nicole Kidman. (T)

12.35 UEFA Champions League Weekly. (T) 1.05 British Touring Car Championship. (T) ITV News Headlines. 1.55 Loose Women. (R) 2.45 Make Me Perfect. (R) (T) 3.35 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000
Praça da Alegria 1300 Jornal da Tarde 1515 Prova de Amor 1515 Portugal no Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 Notas Soltas 2130 Sabe Mais do Que um Miúdo de 10 Anos? 2230 Prós e Contras 0400 Telesele 0605 Nôs

RTP2
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1905 Eurodeputados 1945 Zig Zag 2045 Friends 2115 National Geographic 2150 A Hora da Sorte 2200 News 2240 Seis Graus 2330 Bastidores 0030 Noites 0115 Universidades 0145 Discovery Hour 0245 Diga Lá Excelência 0345 Euronews 0545 Euronews

SIC
0700 Floribella 0830 Sic Kids 0915 Floribella 1000 Fátima 1300 News 1415 Desajo Proibido 0115 Eterna Magia 1545 Contacto 1800 Sete Pecados 1900 A Ganhar é a Gente se Entende 2000 News 2130 Os Malucos do Riso 2215 Duas Caras 2330 Resistirei 0030 CSI Miami 0130 Rescue Me 0330 Quando o Telefone Toca

TVI
0700 Diário da Manhã 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganhar 1800 Morangos com Açúcar 2000 News 2200 Fascínios 2300 Deixa-me Gostoso 2300 Toca a Ganhar 0345 Film TBA 0530 Telesele

Best of the Rest

BBC3

7.00 Young Mums' Mansion: Friends and Family 7.30 Dog Borstal 8.00 The Real Hustle 8.30 The Real Hustle 9.00 Young Mums' Mansion 10.00 EastEnders 10.30 Gavin & Stacey 11.00 Pulling 11.30 Family Guy 11.55 Family Guy 12.15 Young Mums' Mansion 1.15 Gavin & Stacey 1.40 Pulling 2.10 The Real Hustle 2.40 The Real Hustle 3.10 Freaky Eaters 4.05 Young Mums' Mansion: Friends and Family 4.35 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Jonathan Ross's World of Robin Hood 8.30 The Book Quiz 9.00 Stephen Fry and the Gutenberg Press 10.00 Film: The Name of the Rose 18 (1986) 12.00 Arena: Saints 1.15 Stephen Fry and the Gutenberg Press 2.15 The Book Quiz 2.45 Stephen Fry and the Gutenberg Press 3.45 Arena: Saints 4.55 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Monty Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Breaking Up with Shannen Doherty 8.30 Airline 9.00 Pushing Daisies 10.00 Film: Manhunter 18 (1986) 12.15 Coronation Street 12.30 Coronation Street 1.20 Keith Lemon's Very Brilliant World Tour 1.50 Laura, Ben and Him 2.15 Comedy Cuts 2.40 Teleshopping 5.40 ITV2 Nightscreen

Sky One

1.00 Cold Case 2.00 Angel 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00 Are You Smarter Than

a 10 Year Old? 6.00 Futurama 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Road Wars 10.00 Night Cops 11.00 Bones 12.00 Stargate Atlantis 1.00 Road Wars 1.55 Road Wars 2.50 Angel 3.40 Deadwood 4.45 America's Dumbest Criminals 5.10 Gully! UKTV Gold
1.00 Last of the Summer Wine 1.40 Keeping Up Appearances 2.20 Victoria Wood as Seen on TV 3.30 dinnerladies 3.40 My Family 4.20 Keeping Up Appearances 5.00 Last of the Summer Wine 5.40 dinnerladies 6.20 My Family 7.00 Porridge 7.40 Only Fools and Horses 8.20 Blackadder the Third 9.00 Film: Spider-Man 12 (2002) 11.20 The Royle Family 12.00 Blackadder the Third 12.40 Blackadder the Third 1.20 Only Fools and Horses 1.55 Taggart 4.05 The Bill 4.50 Alistair McGowan's Big Impression 5.05 As Time Goes By 5.35 Neighbours

TCM

1.00 Gaslight PG (1944) 3.00 Penelope U (1966) 4.40 The Comedians PG (1967) 7.20 Mrs Brown, You've Got a Lovely Daughter U (1968) 9.00 The Dead Pool 18 (1988) 10.40 Ryan's Daughter 15 (1970) 2.00 Grand Hotel U (1932) 4.00 The Divine Greta Garbo 5.00 The Devil Makes Three U (1952)

The Disney Channel

Kids' programmes from 7am, except: 6.00 Film: Wendy Wu: Homecoming Warrior PG (2006) Adventure, starring Brenda Song.

Sky Movies Drama

7.00 Falsely Accused PG (1993) 8.40 See You in the Morning 15 (1989) 10.45 Volcano 12 (1997) 12.35 Victim of Love PG (1993) With Dwight Schultz. 2.10 A Cry in the Dark 15 (1988) With Meryl Streep. 4.15 Starman PG (1984) With Jeff Bridges. 6.10 Volcano 12 (1997) With Tommy Lee Jones. 8.00 Up Close and Personal 15 (1996) With Michelle Pfeiffer. 10.10 A Good Year 12 (2006) With Russell Crowe. 12.10 Casanova 12 (2005) With Heath Ledger. 2.05 Asylum 15 (2005) With Natasha Richardson. 3.50 Lost Behind Bars 15 (2006) 5.25 Malpractice PG (2001)

Sky Movies Comedy

6.35 Bad Girls from Valley High 12 (1995) 8.05 Princess Caraboo PG (1994) 9.45 Bring It On: All or Nothing 12 (2006) 11.25 Big Momma's House 2 PG (2006) With Martin Lawrence. 1.05 The Break-Up 15 (2006) With Jennifer Aniston. 3.00 Bad Girls from Valley High 12 (2005) With Julie Benz. 4.30 Bring It On: All or Nothing 12 (2006) With Hayden Panettiere. 6.15 Big Momma's House 2 PG (2006) With Martin Lawrence. 8.00 The Break-Up 15 (2006) With Jennifer Aniston. 10.00 So I Married an Axe Murderer 15 (1993) With Mike Myers. 11.35 Beersfest 18 (2006) With Erik Stolhanske. 1.35 Underfunded 12 (2006) With Mather Zickel. 3.00

Roseanna's Grave 12 (1997) With Jean Reno. 4.45 Princess Caraboo PG (1994)

Sky Movies Action

6.45 The Pawn 15 (1998) 8.35 Facing the Enemy PG (2001) 10.20 Down 'n' Dirty 15 (2000) 12.10 Waist Deep 15 (2006) With Tyrese Gibson. 1.50 Deja Vu 12 (2006) With Denzel Washington. 4.00 Rites of Passage 15 (1998) With Dean Stockwell. 5.40 Streets of Fire 15 (1984) With Michael Pare. 7.20 Waist Deep 15 (2006) With Tyrese Gibson. 9.00 Deja Vu 12 (2006) With Denzel Washington. 11.10 Playing God 18 (1997) With David Duchovny. 12.50 Silent Rage 18 (1982) With Chuck Norris. 2.35 Salvador 18 (1986) With James Woods. 4.40 Wing Commander PG (1999)

(R) - repeat programme;

(T) - programme with tele-

text subtitles;

(S) - programme broadcast

ing stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football Special 10.30 Super Sunday: The Last Word 11.00 Spanish Football 1.00 Football Special 2.30 Super Sunday: The Last Word 3.00 Spanish Football 5.00 Soccer AM: The Best Bits 6.00 Big League Weekend 7.30 Monday Night Live. Sheffield Wednesday v Plymouth Argyle (Kick-off 8.00pm). 10.15 You're on Sky Sports! 11.15 Big League Weekend 12.45 Soccer AM: The Best Bits 1.45 Champions League Weekly 2.15 Big League Weekend 3.45 Soccer AM: The Best Bits 4.45 You're on Sky Sports! 5.45 Sky Sports Classics

Sky Sports 2

6.00 Live Test Cricket. India v South Africa. 12.00 Snow Adventures 12.30 Wild Spirits 1.00 Beach Cricket 3.00 A1 Grand Prix 5.00 Test Cricket 7.00 British Rally Championship 7.30 Live Speedway. Ipswich Witches v Swindon Robins. 9.30 Test Cricket 11.30 Beach Cricket 1.30 British Rally Championship 2.00 World Motor Sport 4.30 High Five 5.00 Live Test Cricket. India v South Africa.

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Sports Adventure 7.00 WWE: Bottom Line 8.00 Sports Adventure 8.30 High Five 9.00 A1 Grand Prix 11.00 High Five 11.30 Racing News 12.00 Davis Cup Tennis 2.00 Sports Adventure 2.30 High Five 3.00

Davis Cup Tennis 5.00 WWE: Raw 7.00 Beach Cricket 9.00 Modern Pentathlon 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE: Heat 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

British Eurosport

7.30 Motorsports Weekend 8.00 MotoGP 9.00 Cycling 10.00 London Marathon 11.00 Swimming 12.00 MotoGP 1.30 Motorsports Weekend 2.00 Cycling 3.00 Cycling 3.30 WTA Tennis 4.30 Road to Euro 2008 5.00 Eurogoals 5.45 WATTS 6.00 Viking 6.30 Viking 7.00 Live Weightlifting. The European Championship. 8.30 MotoGP 10.00 World Superbikes 11.00 Eurogoals 11.45 Weightlifting 12.30 Close

Sky Sports Xtra

4.00 Sports Adventure 4.30 High Five 5.00 Sports Adventure 5.30 Wild Spirits 6.00 High Five 6.30 Modern Pentathlon 7.30 World Motor Sport 10.00 British Rally Championship 10.30 Bass Fishing 11.30 High Five 12.00 Speedway 2.00 Modern Pentathlon 3.00 Sports Adventure 3.30 High Five 4.00 Wild Spirits 4.30 Sports Adventure 5.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 11.00 Open House. (R) (T) 11.30 Cash in the Attic. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Space Pirates. (T) 3.35 CBBC: Small Talk Diaries. (T) 3.50 Elliot Kid. (T) 4.00 The Clamp Twins. (R) (T) 4.15 Dinosauren. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz. (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 6.55 Party Election Broadcast. By the Green Party. (T)

7.00 The ONE Show. (T) 7.30 EastEnders. Stacey and Steven resolve their misunderstanding and make up, but Bradley is surprised to see how intimate they've become. A desperate Bianca agrees to a family party in the hope of winning her kids round and Penny's arrival makes Ronnie feel sidelined. Gus makes an error of judgement. (T) BBC News; Regional News. (T)

8.00 Holby City. Lady Byrne is shocked at the state of her late husband Charles' charity, and tackles Elliot and Jayne about the problems. Michael believes Donna is spreading rumours about their relationship, and Jac makes efforts to be friendlier with her colleagues, but Mark and Keith are suspicious of her motives. A TV presenter collapses live on air. Guest starring Marina Sirtis, formerly of Star Trek: The Next Generation. (T) 9.00 Waking the Dead. Part two of two. Boyd and the team struggle to ascertain Lore's true identity, but without that information they cannot understand why she and her family are in such danger. Peter is in an even more volatile mood than usual as a result of the news about his son, Luke. Trevor Eve, Sue Johnston and Lisa Fitzgerald star, with Beatriz Batarda. (T)

10.00 BBC News at Ten O'Clock. (T) 10.25 Regional News; Weather. (T) 10.35 One Foot in the Grave. A sultry widow surprisingly sets her sights on cantankerous pensioner Victor, who is having difficulty getting to grips with his new home security system. Comedy, starring Richard Wilson and Annette Crosbie, with a guest appearance by Barbara Windsor. (R) (T) 11.05 FILM: The Big White (2005). Premiere. Black comedy, starring Robin Williams; (T) Weatherview.

12.50 Sign Zone: See Hear. (R) (T) 1.20 Sign Zone: Blackpool Medics. (R) (T) 1.50 Sign Zone: Tiger - Spy in the Jungle. (R) (T) 2.50 Sign Zone: To Buy or Not to Buy. (R) (T) 3.20 BBC News 24. (T)

10.00 BBC News at Ten O'Clock. (T) 10.25 Regional News; Weather. (T) 10.35 One Foot in the Grave. A sultry widow surprisingly sets her sights on cantankerous pensioner Victor, who is having difficulty getting to grips with his new home security system. Comedy, starring Richard Wilson and Annette Crosbie, with a guest appearance by Barbara Windsor. (R) (T) 11.05 FILM: The Big White (2005). Premiere. Black comedy, starring Robin Williams; (T) Weatherview.

12.50 Sign Zone: See Hear. (R) (T) 1.20 Sign Zone: Blackpool Medics. (R) (T) 1.50 Sign Zone: Tiger - Spy in the Jungle. (R) (T) 2.50 Sign Zone: To Buy or Not to Buy. (R) (T) 3.20 BBC News 24. (T)

LOCAL

RTP1

0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1415 Prova de Amor 1515
Portugal No Coração 1800
Portugal em Directo 1905
News 2100 Sabe Mais Do
Que um Miúdo de 10 Anos? 2230
Tornado - Zorn Dos Himmels
0230 O Tutor 0400 Telesales
0605 Nôs

RTP2

0700 Euronews 0715 Zig Zag
1300 Discovery Hour 1400
Siciedade Civil 1530 Da Terra
Ao Mar 1600 National Geographic
1700 Zig Zag 1830 A Fé Dos Homens
1900 2010 1945 Zig Zag 2045
Freinds 2110 National Geographic
2200 News 2200 Greys Anatomy
2300 Sempre em Pá 0040 Noites da 2
0115Universidades 0145
Hora Discovery 0245 camara
Claa 0355 2010 0535
Sociedade Civil 0605 Euronews

SIC

0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Desejo Proibido 1415 Eterna
Magia 1515 Contacto 1800
Sete Pecados 1900 A Ganhar
è Que Agente Se Entende
2000 News 2130 Os Malucos
do Riso 2215 Rapid Fire, film
2330 Resitirei 0030 Entre
Vidas 0130 Rescure Me 0230
Quando o Telefone Toca

TVI

0700 Diario Da Manha 1000
Você na TV 1300 News 1400
As Tardes da Júlia 1700
Quem Quer Ganha 1800
Morangos com Açúcar 2130
News 2215 Doce Fugitivita
0015 The Devil's Own, film



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround; (T) The Owl. (R) (T) 7.30 Hider in the House. (R) (T) 8.30 CBeebies: Jackanory Junior. (R) (T) 8.45 Numberjacks. (R) (T) 9.05 Boogie Beebies. (R) (T) 9.15 Me Too! (R) (T) 9.35 Something Special; (R) (T) Tweenies Safety Shorts. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Schools: Words and Pictures. (T) 10.40 Words and Pictures. (T) 10.50 BBC Primary History. (T) 11.10 Richard Hammond on Bloody Omaha: Timewatch. (R) (T) 12.10 Coast. (T) 12.30 Working Lunch. (T) 1.00 Schools: Maths Channel. (T) 1.10 BBC Primary Geography. (T) 1.30 Coast. (T) 1.35 FILM: Escape to Burma (1955). Jungle adventure, with Barbara Stanwyck. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Fog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (R) (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Around the World in 80 Days. Monty Don takes his horticultural tour to the Mediterranean. (R) (T) 8.00 University Challenge: The Professionals. The National Physical Laboratory versus the Hospital Consultants. (T) 8.30 Johnny's New Kingdom. The wildlife enthusiast hopes to film a roaring stag. (T) 9.00 Age of Terror. New series. Landmark acts and their effects. (T) 10.00 Later Live - with Jools Holland. Featuring Portishead and the Last Shadow Puppets. (T) 10.30 Newsnight; Weather. (T) 11.20 Mad Men. (T) 12.10 BBC News 24. (T) 3.20 Close. 4.00 BBC Learning Zone. (T)

Best of the Rest

BBC3

7.00 Young Mums' Mansion: Friends and Family 7.30 Dog Bortal 8.00 Freaky Eaters 9.00 Young Mums' Mansion 10.00 EastEnders 10.30 Little Britain Abroad 11.00 The Wall 11.45 Family Guy 12.05 Family Guy 12.25 Young Mums' Mansion 1.25 Freaky Eaters 2.20 Dog Bortal 2.50 Dog Bortal 3.20 Spendaholics 4.20 Young Mums' Mansion: Friends and Family 4.50 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Pop Go the Sixties 7.35 Batman 8.00 Life in Cold Blood 9.00 Chinese School 10.00 Goodness Gracious Me 1.30 Film: Becket PG (1964) 12.50 Chinese School 1.50 Proms on Four 2007 3.25 Chinese School 4.25 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Katie & Peter: The Next Chapter 9.00 Bionic Woman 10.00 Keith Lemon's Very Brilliant World Tour 10.35 Laura, Ben and Him 11.05 Comedy Cuts 11.35 Film: Love Actually 15 (2003) 2.05 Teleshopping 5.05 ITV2 Nightscreen
Sky One
1.00 Cold Case 2.00 Angel 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00 Are You Smarter Than a 10 Year Old? 6.00 Futurama 6.30 Malcolm

in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Battlestar Galactica 10.50 The Dresden Files 11.50 Stargate Atlantis 12.50 Road Wars 1.50 Road Wars 2.45 Angel 3.40 Deadwood 4.40 America's Dumbest Criminals 5.10 Guilty!

UKTV Gold

1.00 Last of the Summer Wine 1.40 Keeping Up Appearances 2.20 Victoria Wood as Seen on TV 3.00 dinnerladies 3.40 My Family 4.20 Keeping Up Appearances 5.00 Last of the Summer Wine 5.40 dinnerladies 6.20 My Family 7.00 Porridge 7.40 Only Fools and Horses 8.20 Blackadder Goes Forth 9.00 The Royle Family: The Queen of Sheba 10.15 The Royle Family 10.55 Blackadder the Third 11.15 Blackadder Goes Forth 12.15 Only Fools and Horses 12.55 Taggart 2.50 The Bill 3.50 Baywatch 4.35 2point4 Children 5.05 As Time Goes By 5.35 Neighbours

TCM

1.00 Wives and Daughters 3.00 Mogambo PG (1953) 5.00 Forbidden Planet U (1956) 6.50 Never So Few PG (1959) 9.00 Frantic 15 (1988) 11.10 Shoot the Moon 15 (1982) 1.15 Billy the Kid PG (1941) 2.55 The Journey U (1959) 5.00 The Crowd U (1928)

The Disney Channel

Kids' programmes from 7am, except: 6.00 Film: Johnny Kapahala: Back on Board PG (2007) Comedy sequel, starring Brandon Baker.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Just Shoot Me. (R) (T) 8.25 Frasier. (R) (T) 9.15 Will & Grace. (R) (T) 9.45 Friends. (R) (T) 10.15 The OC. (R) (T) 11.15 Smallville. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun. (R) (T) 1.00 Small Railway Journeys. (R) (T) 1.15 FILM: Odette (1950). World War Two adventure, with Anna Neagle. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Rivers of Blood. With a Birmingham builder and boxing coach. (T) 8.00 How to Look Good Naked. Gok Wan helps Rachel, a theatre nurse whose body shape makes her feel like a man and prevents her marrying her partner. Rebecca Wilcox and Carole Machin test hair shiners. (T) 9.00 The Diets That Time Forgot. Roy Strong declares war on his overweight volunteers. (T) 10.00 Shameless. Monica goes into labour but Frank is not present because an accident has put him in a coma - during which he imagines an idealised alternative version of his life. Last in series. (T) 11.05 Dirty Sexy Money. (R) (T) 12.05 Premier League Poker. 1.05 High Five. (R) 1.30 Red Bull Air Race. (R) (T) 3.00 Sailing. Action from the Barcelona World Race. (R) (T) 3.25 KOTV. (T) 3.50 Adrenalin Rush. (R) (T) 4.20 Freesports on 4. (R) 5.15 St Elsewhere. (R)

MOVIES

Sky Movies Drama

7.10 Her Own Rules PG (1998)
8.45 Digitty's Treasure PG (2001)
10.30 What's Bugging Seth? 12 (2005)
12.15 Colombo Goes to the Guillotine PG (1989)
With Peter Falk. 1.55 Pleasantville 12 (1998)
With Toby Maguire. 4.10 What's Bugging Seth? 12 (2005)
With Ross Thomas. 5.55 Elizabethtown 12 (2005)
With Orlando Bloom. 8.00 The World's Fastest Indian 12 (2006)
With Anthony Hopkins. 10.10 Wilde 15 (1996)
With Stephen Fry. 12.10 Little Children 15 (2006)
With Kate Winslet. 2.30 Walkout 12 (2006)
With Alexa Vega. 4.25 Miracle in the Woods PG (1997)

Sky Movies Comedy

6.25 Dr Dolittle 3 PG (2006)
8.00 Up 'n' Under 12 (1998)
9.45 Three Amigos! PG (1986)
11.30 Just Friends 12 (2005)
With Ryan Reynolds. 1.15 My Best Friend's Wedding 12 (1997)
With Julia Roberts. 3.05 Harold & Kumar Get the Munchies 15 (2005)
With John Cho. 4.35 Three Amigos! PG (1986)
With Steve Martin. 6.20 Just Like

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

Pick of the Day

Shameless (C4, 10pm)

It's the end of the current series and that means it's time for the seventh Gallagher child to make its way into the world. In an earlier episode, viewers were left in stitches as Frank and Monica had sex in the back of Mickey's limousine in an unsuccessful attempt to induce the birth. While the Earth didn't move for Monica then, it certainly does in tonight's finale, as an earthquake makes her waters break and the Gallaghers rush off to the local hospital with one noticeable absentee. It turns out the tremor knocked an inebriated Frank off his bar stool and into a coma as he got in some unneeded practice to wet his unborn baby's head. Monica vows to not have the baby until her husband is by her side, but while out cold on a hospital bed, Frank experiences an alternative world, one where his life is a success, Ian isn't gay and Debbie looks like she'll never leave home. Back in the real world, Carl becomes popular with the ladies when he poses as a single parent. It's all going very well until his latest target runs off with the baby.

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 Hana's Helpline. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Family Show. (T) 6.45 Fireman Sam. (R) (T) 7.00 Mio Mao. (R) (T) 7.05 Roary the Racing Car. (R) (T) 7.20 Rupert Bear. (R) (T) 7.30 The Mr Men Show. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerpots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Sailor Sid. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Put Your Money Where Your House Is. (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.05 five news update. (T) 3.10 FILM: Jane Doe: Now You See It, Now You Don't (2005). Thriller, starring Lea Thompson. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (R) (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Jaguar Adventure with Nigel Marven. The naturalist sees caiman alligators hunting piranha. (T) 7.30 five news update. 8.00 Big, Bigger, Biggest. The world's largest aircraft carrier. Last in series; (T) 8.00 five news at 9.00 CSI: Crime Scene Investigation. The death of a three-year-old girl deeply affects Catherine. (T) 10.00 CSI: Miami. Delko is rushed to hospital; (R) (T) five news update. 11.00 Law & Order: Criminal Intent. (T) 12.00 FBI Files. (T) 1.00 NBA Basketball. 3.30 French Football - Le Championnat. 4.20 Football Italiano. 5.0 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

6.00 London Tonight; Weather. (T) 6.25 Party Election Broadcast. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale: Suspicion. Chas tries to warn Carl that Lexi may be up to no good. Pollard receives a blackmail letter containing pictures of him with Rosalind and starts to wonder who is behind the demand. Hilary compares a photograph of Laurel as a baby with a picture of Arthur and the similarities between the two strengthen her suspicions that the baby is her daughter's real son. (T)

8.00 Who Wants to Be a Millionaire? Chris Tarrant invites another line-up of contestants to have a go at answering questions that could change their lives - with lifelines Ask the Audience, Phone a Friend and 50-50 available to them if they get stuck. (T) 9.00 Cops with Cameras. Miniature recording devices on the uniforms of police officers allow viewers an insight into their work across the UK as they carry out raids, round up suspects and continue the constant fight against crime. Last in series. (T) 10.00 News at Ten and Weather; Weather. (T) 10.35 Benidorm. Holiday fever takes its toll as Madge seems determined - despite Janice's pleas - to marry a man she's only known for five minutes and an arm-wrestling match dreamed up by the Oracle and his mum provides a chance to settle old scores. Comedy, with Johnny Vegas, Sheila Reid and Siobhan Finneran. (R) (T)

11.05 Teenage Kicks. Vernon makes up for his shortcomings as a father by sorting out the bully who tormented Max at school and buying Milly the dog she never had. To crown it all he takes the kids on an ill-fated caravan holiday in Wales - in February. Comedy, starring Adrian Edmondson, Ed Coleman and Laura Aikman. (R) (T)

11.35 Dexter. Debra and Batista think they've managed to discover the Ice Truck Killer's identity, but Dexter isn't convinced of their suspect's guilt. Meanwhile, Rita's ex-husband is paroled. (R) (T) 12.35 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 2.20 Loose Women. (R) 3.15 The Jeremy Kyle Show. (R) (T) 4.05 ITV Nightscreen.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Big League Weekend 10.30 Soccer AM: The Best Bits 11.30 Modern Pentathlon 12.30 Big League Weekend 2.00 Soccer AM: The Best Bits 3.00 Big League Weekend 4.30 Test Cricket 6.30 Revista De La Liga 7.30 Live Football League 10.00 Revista De La Liga 11.00 NFL: Total Access 12.00 Football League 1.30 Revista De La Liga 2.30 World Motor Sport 5.00 Revista De La Liga

Sky Sports 2

6.00 Live Test Cricket. India v South Africa. 12.00 Sports Adventure 12.30 High Five 1.00 Speedway 3.00 Modern Pentathlon 4.00 NFL: Total Access 5.00 Athletics 5.30 Netball 7.30 Live Rugby Union. Bath v Leicester Tigers (Kick-off 8.00pm). 10.00 Poker 12.00 Rugby Union 1.30 Netball 3.30 Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Sports Adventure 7.00 WWE: Afterburn 8.00 Sports Adventure 8.30 British Rally Championship 9.00 Speedway 11.00 High Five 11.30 Racing News 12.00 Aerobics Oz Style 12.30 British Rally Championship 1.00 NFL: Total Access 2.00 World

Motor Sport 4.30 WWE: Smackdown 6.30 Pool 7.30 Live International Cricket. West Indies v Sri Lanka. 3.30 High Five 4.00 Close

British Eurosport

7.30 Road to Euro 2008 8.00 Eurogoals 8.45 Weightlifting 10.15 Cycling 11.00 Eurogoals 11.30 Tennis 11.45 World Superbikes 1.15 Eurogoals 2.00 Live ATP Tennis. The Estoril Open. 3.45 Cycling 4.30 Live Weightlifting. The European Championship. 5.00 Eurogoals 5.15 Live Weightlifting. The European Championship. 6.00 Eurogoals 6.45 Eurogoals 7.00 Live Weightlifting. The European Championship. 9.00 Live Boxing. Giacobbe Fragomeni v Konstantin Semerdjiev. 11.00 WATTS 11.30 Yoz Magazine 12.30 Close

Sky Sports Xtra

4.00 Sports Adventure 4.30 High Five 5.00 Sports Adventure 5.30 Motor Racing 6.00 Davis Cup Tennis 7.00 Athletics 7.30 Live Greyhound Racing. This evening's Grand National meeting. 10.00 Netball 12.00 Sports Unlimited 1.00 Sports Adventure 1.30 High Five 2.00 Athletics 2.30 Davis Cup Tennis 3.30 Motor Racing 4.00 Close



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BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 Open House. (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Space Pirates. (R) (T) 3.35 CBBC: Small Talk Diaries. (T) 3.50 Elliot Kid. (T) 4.00 Thumb Wrestling Federation: TWF; (R) (T) Thumb Wrestling Federation: TWF. (R) (T) 4.10 Yoda Dracula. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

6.55 Party Election Broadcast. By the Labour Party. (T)

7.00 The ONE Show. (T)

7.30 Street Doctor. The GPs treat patients in various locations around Oxford. George finds a lump the size of a tennis ball, Jonty demonstrates self-examination for testicular cancer and Barbara persuades a 64-year-old man to stop smoking; (T) BBC News; Regional News. (T)

8.00 Traffic Cops. Officers from four neighbouring forces show their authority by combining to launch a one-off blitz on car thieves, drug dealers and road offenders. Jamie Theakston narrates. (T)

9.00 The Apprentice. The remaining 11 candidates are challenged to set up a photography business in a busy shopping centre on the outskirts of London. The budding entrepreneurs have to take and sell pictures of the public, and the demands of processing them causes rifts in both sides. It is then left to a bitterly disappointed Alan Sugar to decide who to eliminate from the competition. (T)

10.00 BBC News at Ten O'Clock. (T)

10.25 Regional News; Weather. (T)

10.35 The National Lottery Draws. Jenni Falconer sets the balls rolling to decide the all-important Thunderball and Lotto numbers. (T)

10.40 Comedy Sketchbook. Angus Deayton exhumes more sketches from the archives, including the host as a Hee Bee Gee Bee, as well as a Seventies clip starring Alan Bennett and John Fortune, and jokes by Tommy Cooper. Plus, excerpts from shows such as Smack the Pony, The Catherine Tate Show, The Two Ronnies and Little Britain; (T) National Lottery Update.

11.30 FILM: Hush (1980). Spy comedy, starring Walter Matthau. (T) Weatherview.

1.15 Sign Zone: Blackpool Medics. (R) (T) 1.45 Sign Zone: Casualty 1907. (R) (T) 2.45 Sign Zone: An Island Parish. (R) (T) 3.15 Sign Zone: To Buy or Not to Buy. (R) (T) 3.45 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround; (T) The Owl. (T) 7.30 Hider in the House. (R) (T) 8.30 CBeebies: Jackanory Junior. (R) (T) 8.45 Numberjacks. (R) (T) 9.05 Boogie Beebies. (R) (T) 9.15 Me Too! (R) (T) 9.35 Something Special; (R) (T) Be Safe with the Tweenies. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 FILM: Only Angels Have Wings (1939). Classic adventure, with Cary Grant. (T) (bw) 12.30 Open Gardens. (R) (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Animal Park. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (R) (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 As Time Goes By. Part two of two. Patrick, Stephen, Jean and Lionel end up in hospital. (R) (T) 7.50 Coast. The history of the Victorian Channel Tunnel. (R) 8.00 Natural World. A millionaire's attempts to turn his estate into a wilderness reserve. (T) 8.50 Watching the Wild: Fallow Deer. Simon King visits the New Forest. (T) 9.00 Dan Cruickshank's Adventures in Architecture. Buildings that evoke the image of paradise. (T) 10.00 The Apprentice: You're Fired! Interview with the show's freshly rejected candidate. (T) 10.30 Newsnight; Weather. (T) 11.20 Desi DNA. (T) 11.50 Arrested Development. (R) (T) 12.15 Arrested Development. (R) (T) 12.35 Arrested Development. (R) (T) 12.55 BBC News 24. (T) 3.40 Close. 4.00 BBC Learning Zone. (T)

Pick of the Day

Rock Rivals (ITV1 Granada, 9pm)
It's the day of the live final, so you might be forgiven for thinking Mal would have enough on his plate dealing with rehearsals and giving his protégé some last minute coaching. However, it seems the judge is above such concerns and has instead planned an elaborate wedding-vow renewal ceremony for the same date. Karina still appears to have no recollection of her husband's betrayal and even invites Jinx to the ceremony, but as the guests gather it's clear something isn't quite right - mainly because Dana (Sammy Glenn) is serenading them with a cheery version of Suicide Bride. When Karina arrives at the altar, she makes it perfectly clear that she remembers everything, and only agreed to the ceremony to hit Mal's most sensitive areas his pride and his wallet. He responds by proposing to Jinx and laying into Karina's contestant with a new viciousness. With Luke and Bethany caught in the crossfire, Pete and Sundae force the warring Faiths to agree that, for the sake of the show, whoever loses will walk away from Rock Rivals. Would Karina have thought twice about the pact if she had known a bitter Lynette was about to drop a bombshell that could force Bethany out of the contest? Meanwhile, an increasingly deluded Felix decides it's time to confront Luke. Sean Gallagher, Michelle Collins and Holly Quin-Ankrah star.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Just Shoot Me. (R) (T) 8.25 Frasier. (R) (T) 8.55 Will & Grace. (R) (T) 9.25 Friends. (R) (T) 10.00 The OC. (R) (T) 11.00 Smallville. (R) (T) 11.55 3 Minute Wonder: My Music. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.30 FILM: Three Secrets (1950). Drama, with Eleanor Parker. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Rivers of Blood. With Birmingham's Young Poet Laureate. (R) 8.00 Property Ladder. Two sets of first-time developers work on a pair of properties each. (T) 9.00 Child Genius. Part one of two. Checking on the progress of the gifted children featured in 2007's documentary and introducing a toddler who became Britain's youngest member of Mensa. (T) 10.00 Desperate Housewives. Edie receives shocking news, an unexpected visitor discovers Bree's pregnancy is fake, and the residents meet two new neighbours - partners Bob and Lee. (T) 11.05 Shameless. (R) (T) 12.10 4Music: The Green Room. (R) (T) 12.40 4Music: 4Play: The Last Shadow Puppets. (T) 12.55 FILM: Kaho Naa... Pyaar Hai (2000). Drama, starring Hrithik Roshan. 4.00 Immigration: The Inconvenient Truth. (R) 5.00 Unreported World. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake! Oswald. (R) (T) 6.10 Hana's Helpline. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (T) 6.45 Fireman Sam. (R) (T) 7.00 Mio Mao. (R) (T) 7.05 Roary the Racing Car. (R) (T) 7.20 Rupert Bear. (R) (T) 7.30 The Mr Men Show. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerpots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Sailor Sid. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 Put Your Money Where Your House Is. (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Rough Guide to Eco Escapes. (T) 3.05 five news update. (T) 3.10 FILM: Mom at Sixteen (2005). Drama, starring Mercedes Ruehl. (T) 5.00 five news with Natasha Kaplinsky. (R) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (R) (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 It Pays to Watch. Martin Lewis offers motorists money-saving tips. (T) 7.30 five news update. (T) 8.00 Monster Moves. Relocating a large restaurant in Canada; (T) 8.00 five news at 9. 9.00 Indiana Jones: The True Story. An explorer who inspired the story of Indiana Jones. (T) 10.00 FILM: Sniper (1993). Marine sergeant Tom Berenger joins forces with Olympic marksman Billy Zane to smash a drugs ring in Panama. Inventive action thriller, with JT Walsh. (T) 12.00 Poker. 1.30 Live Major League Baseball. A game from North America. 4.25 World Supercross Championship. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Daily Kos Challenge. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

6.00 London Tonight; Weather. (T)

6.25 Party Election Broadcast. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Hilary visits the hospital to find out more about Daniel's medical history - and as a result of her enquiries, Ashley and Laurel receive shocking news. Paddy gets a court summons. (T)

7.30 Coronation Street. Tina pays David a surprise visit, raising his hopes of a reconciliation before his court appearance. Roy and Becky wait for trouble to brew as the builders arrive with their vans. (T)

8.00 The Bill. Following an armed robbery on an antiques shop, Jack agrees to go undercover to nail the dealer responsible for selling the goods - a rogue called Roy Summers, who killed a police officer some years ago and walked free from court on a technicality. The sting goes wrong when Jack loses touch with his back-up team and faces a stern test of his expertise in bric-a-brac. Michael N Harbour guest stars. (T)

9.00 Rock Rivals. Mal blithely goes ahead with the wedding-vow renewal ceremony, unaware Karina has regained her memory and plans to use the event as an excuse to humiliate him. Left jilted at the altar, he tries to regain the advantage by proposing to Jinx. The show begins to suffer as a result of all the backstage in-fighting - and Bethany is hit by a revelation about her eligibility to compete in the first place. (T)

10.00 News at Ten and Weather; Weather. (T)

10.35 Dexter. Laguerta begins to doubt Neil Perry is the Ice Truck Killer, and Rita begins warming to ex-husband Paul, who claims to be a changed man since his release from jail. Meanwhile, Dexter investigates the apparent suicide of a wealthy businesswoman - and soon suspects she may actually have been killed by her psychiatrist. (T)

11.45 Soundtrack to My Life. Singer-songwriter and guitarist Chris Rea, whose blues-influenced songs and distinctive vocals have won him legions of fans, meets Cat Deeley to discuss his career and speculate on where he will take him next.

12.15 Nightwatch with Steve Scott: Crime. (R) (T) 1.05 Loose Women. (R) (T) 1.30 ITV News Headlines. 1.55 Loose Women. (R) 2.45 The Jeremy Kyle Show. (R) (T) 3.40 ITV Nightscreen.

LOCAL

RTP1
0630 Bom dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1515
Portugal no Coração 2000
News 0100 One Man's Hero,
film 0400 Tele sales 0605
Nós

RTP2
0700 euronews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 Da
Terra ao Mar 1615 National
Geographic 1700 Zig Zag
1830 A Fé dos Homens 1900
Biosfera 1945 Zig Zag 2045
Friends 2115 National
Geographic 2200 News 2240
The Nine 2330 Clube de
Imprensa 0030 Noites 0145
Discovery Hour 0245
Basídeos 0315 Biosfera
0400 Sociedade Civil 0500
Euronews

SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1400
1415 Desejo Proibido 1500
Eterna Magia 1530 Contacto
1800 Sete Pecados 1900 A
Ganhá é que A Gente se
Entende 2000 News 2215
Duas Caras 2330 Solv Burn,
film 0030 CSI Miami 0130
Rescue Me 0230 Quando O
telefone Toca

TVI
0700 Diário Da Manha 1000
Você na TV 1300 News 1400
As Tardes da Júlia 1700
Que Quer Ganha 1800
Morangos com Açúcar -
Férias de Verão 2000 News
2115 Ilha dos Amores 2215
Doce Fugitiva 2315 Tu e Eu
0015 Apolló 13, film 0230
Toca a Ganhar 0345 TVI
Negócios 0400 O Portector
IV 0500 Tele sales

Best of the Rest

BBC3
7.00 Young Mums' Mansion:
Friends and Family 7.30 The
Real Hustle 7.45 Film: Cast
Away 12 (2000) 10.00 Young
Mums' Mansion 11.00 Bizarre
ER 11.30 Family Guy 11.55
Family Guy 12.15 The Wall
1.00 Young Mums' Mansion
1.55 Dawn Goes Lesbian 2.55
Bizarre ER 3.25 The Real Hustle
3.40 The Wall 4.25 Young Mums'
Mansion: Friends and Family
4.55 Close

BBC4
7.00 World News Today 7.00
Weather 7.30 Pop Go the
Sixties 7.35 Batman 8.00 A
History of Britain 9.00 The Saint
and the Hanged Man 10.00
Kenneth Williams: Fantabulosa
11.20 Kenneth Williams in His
Own Words 11.50 Stephen Fry
and the Gutenberg Press 12.50
The Saint and the Hanged Man
1.50 Kenneth Williams:
Fantabulosa 3.10 The Saint
and the Hanged Man 4.10
Close

ITV2
1.00 Airline USA 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.45 Ricki
Lake 4.30 Sally Jessy Raphael
5.20 The Montel Williams Show
6.05 Jude Judy 7.00 Smallville
8.00 Gossip Girl 9.00 Film:
Love Actually 15 (2003) 11.35
Coronation Street 12.05 Film:
LA Story 15 (1991) 1.50
Teleshopping 4.50 ITV2
Nightscreen

Sky One
1.00 Cold Case 2.00 Angel
3.00 Stargate SG-1 4.00
Stargate SG-1 5.00 Are You
Smarter Than a 10 Year Old? 6.00
Futurama 6.30 Malcolm in the
Middle 7.00 The Simpsons

7.30 The Simpsons 8.00 The
Simpsons 8.30 The Simpsons
9.00 Film: You've Got Mail PG
(1998) 11.15 Cold Case 12.15
Stargate Atlantis 1.15 Road
Wars 2.10 Road Wars 3.05
Angel 4.00 Deadwood 5.05 Bite
Size Brainiac 5.10 Guilty!
UKTV Gold
1.00 Last of the Summer Wine
1.40 Keeping Up Appearances
2.20 Victoria Wood as Seen on
TV 3.00 dinnerladies 3.40 My
Family 4.20 Keeping Up
Appearances 5.00 Last of the
Summer Wine 5.40 dinnerladies
6.20 My Family 7.00 Porridge
7.40 Only Fools and Horses
8.20 Blackadder Goes Forth
9.00 Jonathan Creek 10.00 Only
Fools and Horses 11.20 The
Royle Family 11.55 Blackadder
Goes Forth 12.35 Only Fools
and Horses 1.15 Porridge 1.55
Taggart 4.10 The Bill 5.05 As
Time Goes By 5.35 Neighbours

TCM
1.00 Lady L U (1965) 3.00
Hotel Paradiso PG (1966) 4.50
The Boy Friend U (1971) 7.25
The Honeymoon Machine PG
(1961) 9.00 The Color Purple
15 (1985) 11.45 Zabriskie Point
15 (1970) 1.50 Dark Victory PG
(1939) 3.40 The Fighting 69th
U (1940) 5.00 Haunted
Honeymoon PG (1940)

The Disney Channel
Kids' programmes from 7am,
except: 6.00 Film: Twitches
Too PG (2007) Fantasy
adventure, starring Tia and
Tamera Mowry.

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online
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MOVIES

Sky Movies Drama
6.05 Blessings PG (2003) 7.45
Miracle on the 17th Green U
(1999) 9.25 Amber Frey: Witness
for the Prosecution PG (2005)
11.00 Honeymoon with Mom 12
(2006) With Shelley Long. 12.40
A Time to Decide PG (2000) With
Patty Duke. 2.20 World Trade
Center 12 (2006) With Nicolas
Cage. 4.35 A Daughter's
Conviction 12 (2006) With Kate
Jackson. 6.20 Amber Frey:
Witness for the Prosecution PG
(2005) With Janel Moloney. 8.00
World Trade Center 12 (2006)
With Nicolas Cage. 10.15 Perfume:
The Story of a Murderer 15 (2006)
With Ben Whishaw. 12.45 North
Country 15 (2005) With Charlize
Theron. 2.55 Hard Men 18 (1996)
With Vincent Regan. 4.35 Miracle
on the 17th Green U (1999)

Sky Movies Comedy
6.10 The Thing About My Folks 12
(2005) 7.50 Police Academy 6:
City Under Siege PG (1989) 9.20
Maverick PG (1994) 11.30 Total
Film Red Carpet Event 12.00 You,
Me and Dupree 12 (2006) With
Owen Wilson. 2.00 She's the Man
12 (2006) With Amanda Bynes.
3.50 Comedy Close Up 4.20 Police

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1
6.00 Good Morning Sports Fans
9.00 Revista De La Liga 10.00
Football League 11.30 Poker 1.30
Football League 3.30 Poker 5.00
NFL: Total Access 6.00 Boots 'n'
All 7.00 FIFA Futbol Mundial 7.30
Live FA Youth Cup Football.
Manchester City v Chelsea (Kick-
off 7.45pm). 10.00 You're on Sky
Sports! 11.30 FIFA Futbol Mundial
12.00 Total Rugby 12.30 FA Youth
Cup Football 2.00 Poker 4.00
FIFA Futbol Mundial 4.30 Sports
Unlimited 5.30 FIFA Futbol
Mundial

Sky Sports 2
6.00 Aerobics Oz Style 6.30
Sports Adventure 7.00 WWE:
Heat 8.00 Sports Unlimited 9.00
High Five 9.30 Rugby Union 11.00
Davis Cup Tennis 12.00 Sports
Unlimited 1.00 Beach Cricket
3.00 Rugby Union 4.30 Athletics
5.00 Sports Unlimited 6.00
European Tour Weekly 6.30 Total
Rugby 7.00 Ladies European Tour
Golf 8.00 Boots 'n' All 9.00 Ten
Pin Bowling 10.00 Transworld
Sport 11.00 NFL: Total Access
11.55 U Can Do It 12.00 Beach
Cricket 2.00 European Tour
Weekly 2.30 You're on Sky
Sports! 4.00 High Five 4.30 Close

Sky Sports 3
7.00 Ladies European Tour Golf
8.00 Motor Racing 8.30 Athletics
9.00 Netball 11.00 High Five 11.30
Racing News 12.00 Women's Pool
1.00 NFL: Total Access 2.00
Sports Adventure 2.30 High Five
3.00 Ladies European Tour Golf
4.00 Pool 5.00 WWE: Bottom
Line 6.00 WWE: Afterburn 7.00
Beach Cricket 9.00 European

Tour Weekly 9.30 Total Rugby
10.00 Boots 'n' All 11.00 Rally
Fever 12.00 Ladies European
Tour Golf 1.00 Boots 'n' All 2.00
Rally Fever 3.00 Ten Pin Bowling
4.00 Ladies European Tour Golf
5.00 Close

British Eurosport
7.30 Yoz Magazine 8.00 Road to
Euro 2008 8.30 Eurogoals 9.15
Weightlifting 10.15 Weightlifting
11.15 Weightlifting 12.30 Viking
1.00 ATP Tennis 2.00 Live ATP
Tennis. The Estoril Open. 3.45
Cycling 4.15 euroCRASH! 4.30
Live Weightlifting. The European
Championship. 5.00 Eurogoals
5.15 Live Weightlifting. The
European Championship. 6.00
Strongest Man 7.00 Live
Weightlifting. The European
Championship. 9.00
Wednesday Selection 9.05
Wednesday Selection 9.10
Riders Club 9.15 US Tour Golf
10.15 Golf Club 10.20 Yacht
Club 10.25 Wednesday
Selection 10.30 Sport
Destination 10.45 Road to Euro
2008 11.15 Showtime Reality
12.15 Sport Destination 12.30
Close

Sky Sports Xtra
2.00 Motor Racing 2.30 Athletics
3.00 Women's Pool 4.00 Sports
Adventure 4.30 High Five 5.00
Max Power 6.00 High Five 6.30
Irish Greyhound Racing 7.00
Women's Pool 8.00 Rally Fever
9.00 Max Power 10.00
Watersports World 11.00 Sports
Adventure 11.30 High Five
12.00 Women's Pool 1.00 Irish
Greyhound Racing 1.30 High
Five 2.00 Watersports World
3.00 Max Power 4.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News: Weather. (T) 11.00 Open House. (R) (T) 11.30 Cash in the Attic. (R) (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News: Weather: Regional News. (T) 3.05 CBeebies: Space Pirates. (T) 3.35 CBBC: Small Talk Diaries. (R) (T) 3.50 Eliot Kid. (T) Thumb Wrestling Federation: TWFF. (R) (T) 4.05 Stake Out. (R) (T) 4.35 Beat the Boss. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson asks more general knowledge questions against the clock as contestants try to avoid being voted off the team. (T)

6.00 BBC News: Weather. (T)
6.30 Regional News Programmes: Weather. (T)
6.55 Party Election Broadcast. The Liberal Democrats look ahead to next month's local elections. (T)

7.00 The ONE Show. (T)
7.30 EastEnders. Steven feels pressured to perform on his first night with Stacey, while Jean diplomatically makes herself scarce. Roxy and Dawn set their hearts on winning the barmaid of the year competition, but Ronnie has other things on her mind. Sean dishes up a nasty surprise for Gus. (T) BBC News: Regional News. (T)

8.00 HollyBlue. Keenan is forced to confront his childhood trauma when he investigates the case of a teenager who has attacked his own father, seemingly in an act of self-defence. Convinced there is domestic abuse in the household, the detective questions the boy's mother, but an overwhelming fear of incriminating her husband makes her reluctant to yield under pressure. Cal Macaninch and Robert Lowe star. (T)

9.00 New Tricks. Jack is approached by an old friend who has discovered a diamond worth millions in the flat of a man who died more than 20 years ago. It transpires the precious stone was stolen in a safety deposit box heist, but the dead man's passport shows he was out of the country when the crime was committed. Delving deeper into his past, the team discover some well-concealed secrets - including a daughter who's still unaware of her true parentage. (R) (T)

10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News: Weather. (T)
10.35 Question Time. (T)
11.35 This Week. (T) Weatherview.
12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: The Undercover Diplomat. (R) (T) 1.55 Sign Zone: Johnny's New Kingdom. (R) (T) 2.25 Sign Zone: The Twenties in Colour: The Wonderful World of Albert Kahn. (R) (T) 2.55 Sign Zone: Bill Oddie's Wild Side. (R) (T) 3.25 Sign Zone: To Buy or Not to Buy. (R) (T) 3.55 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) The Owl. (R) (T) 7.30 Hider in the House. (R) (T) 8.30 CBeebies: Jackanory Junior. (R) (T) 8.45 Numberjacks. (R) (T) 9.05 Boogie Beebies. (R) (T) 9.15 Me Too! (R) (T) 9.35 Something Special. (R) (T) Tweenies Safety Shorts. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Schools: BBC Primary History. (T) 10.50 Megamaths. (T) 11.10 Landmarks. (T) 11.30 KS1 Science Clips. (T) 11.40 KS1 Science Clips. (T) 11.50 Hands Up! (T) 12.00 Open Gardens. (R) (T) 12.30 Working Lunch. (T) 1.00 Coast. (T) 1.05 FILM: Carve Her Name with Pride (1958). Wartime drama, starring Virginia McKenna. (R) (bw) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (R) (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Looking for Dad. Film-maker Charlie Russell and his brother Bertie embark on a journey of discovery about the father they hadn't seen for seven years prior to his death. (T) 8.00 Coast. Nicholas Crane reaches the most northwesterly point of mainland Britain. (R) (T) 9.00 The Graham Norton Show. New series. With guests Tony Curtis and Kevin Bacon. (T) 9.45 Heroes Return. Preview of the second series of Heroes, which begins next week. (T) 10.00 Never Mind the Buzzcocks. With Matt Willis and Vanessa Feltz. (R) (T) 10.30 Newsnight. (T) Weather. (T) 11.20 Ideal. (T) 11.50 Arrested Development. (R) (T) 12.15 Arrested Development. (R) (T) 12.35 Arrested Development. (R) (T) 12.55 BBC News 24. (T) 4.00 BBC Learning Zone. (T)

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.55 Just Shoot Me. (R) (T) 8.25 Frasier. (R) (T) 8.55 Will & Grace. (R) (T) 9.25 Friends. (R) (T) 9.55 The OC. (R) (T) 10.55 Smallville. (R) (T) 11.55 3 Minute Wonder: My Music. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.30 Designers Under Pressure. (R) (T) 1.45 FILM: The Maverick Queen (1955). Western, starring Barbara Stanwyck. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Rivers of Blood. A beautician and her client speak out. Last in series. (T) 8.00 Come Dine with Me. Four amateur chefs compete in Newcastle. (T) 9.00 Sex, Lies and the Murder of Meredith Kercher. Analysing the evidence against the lead suspects. (T) 10.00 My Name Is Earl. Joy takes some gifts to Earl in prison, and a chance encounter with a former roommate brings about some surprising revelations about their past. Michael Rapaport guest stars. (T) 10.30 The Big Bang Theory. (T) 11.00 Skins. (T) 12.05 Flashbacks of a Fool: Movie Special. (T) 12.35 4Music: 4Play: Jamie Lidell. (T) 12.55 4Music: 4Play: The Script. (T) 1.05 4Music: No Rest for the Wombats. (R) (T) 1.20 Bremner, Bird and Fortune. (R) (T) 2.20 King of the Hill. (T) 2.40 King of the Hill. (T) 3.05 Hallo Panda. (R) (T) 3.40 FILM: The Private Life of Henry VIII (1933). Historical biopic, starring Charles Laughton. (T) (bw) 5.20 Countdown. (R) (T)

FIVE

6.00 Milkshake! Oswald. (R) (T) 6.10 Hana's Helpline. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (T) 6.45 Fireman Sam. (R) (T) 7.00 Mio Mao. (R) (T) 7.05 Roary the Racing Car. (R) (T) 7.20 Rupert Bear. (R) (T) 7.30 The Mr Men Show. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerpots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Put Your Money Where Your House Is. (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.15 FILM: Mystery Woman: At First Sight (2006). Murder mystery, starring Kellie Martin. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (R) (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Rough Guide to Journeys. Julia Bradbury drives along Italy's Amalfi coast and admires the breathtaking panoramas, while Toby Amies spends time in Thailand cruising upriver from Bangkok to Ayutthaya. (T) 7.30 five news update. (T) 8.00 I Own Britain's Best Home. Properties in Essex, Berkshire and Durham. (T) 8.00 five news at 9.00 House. A patient mimics the personalities of others. (T) 10.00 Grey's Anatomy. Bailey treats a woman with breast cancer. (T) 11.00 A Girl's Guide to 21st Century Sex. (R) (T) 11.45 Quiz Call. 4.00 Football Argentina. 4.20 Major League Soccer. 4.45 Dutch Football. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

6.00 London Tonight: Weather. (T)
6.25 Party Election Broadcast. (T)
6.30 ITV Evening News: Weather. (T)
7.00 Emmerdale. Laurel vents her anger on her mother when the doctor reveals it was Hilary who made first contact with him about Daniel. Pollard suspects David is the black-mailer and sets up a surveillance camera to catch him out, while Miles admits his feelings to Jasmine and the pair share a kiss. (T)

7.30 Tales from the Country. Selina Scott meets two brothers hoping to secure their future with a private colmine and Tony Francis talks to a couple who started their jewellery business from the garden shed. (T)

8.00 The Bill. A man is arrested for attempted murder, but claims he only hit out with a hammer to fight off two knife-wielding intruders and protect his daughters. Emma follows a hunch he is telling the truth and sets up a ruse with fellow officers to prove his innocence. While the team celebrate the result, by-the-book Sergeant Callum Stone is clearly not happy about his junior colleague's maverick methods. (T)

9.00 Homes From Hell. Meeting people whose homes have been hit by disaster - from being destroyed by fires and floods, to a woman whose neighbour kept 61 cats in a semi-detached house. (T)

10.00 News at Ten and Weather: Weather. (T)
10.35 Real Crime. Former Detective Chief Superintendent Bob Booth recalls the hunt for multiple killer Donald Neilson, the so-called Black Panther, whose reign of terror culminated in the kidnap and murder of teenage heiress Lesley Whittle in 1975. Only after Neilson's arrest did it emerge that he had previously killed three sub-postmasters and a security guard, and carried out hundreds of armed robberies. (R) (T)

11.35 Suggs in Soho. Two-part documentary in which Madness frontman Suggs takes viewers on a guide of Soho, and meets others who share his love of this unique corner of the capital. He takes a stroll with Soho regular Stephen Fry and joins artist and writer Molly Parkin for a glass or two at the legendary Colony Room Club. (R) (T)

12.05 The Rolling Stones: Shine a Light Movie Special. (R) (T) 12.30 Nightwatch with Steve Scott: Emergency. (R) (T) ITV News Headlines. 2.15 Loose Women. (R) 3.05 The Jeremy Kyle Show. (R) (T) 4.00 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal
1000 Praça da Alegria 1300
News 1410 Prova de Amor
1515 Portugal no Coração
1800 Portugal em Directo
2130 News 2345 The Dead
Pool, film 0415 Teleseles
0605 Nôs
 RTP2
0700 Euronews 0715 Zig
Zag 1300 Discovery Hour
1400 Sociedade Civil 1530
Da Terra Ao Mar 1600
Natal Geographic 1715
Zig Zag 1800 A Fé dos
Homens 1900 Iniciativa
2115 National Geographic
2200 News 2240
Sobrenatural 2330 Balanço
& Contas 0030 Noites 2
0115 Universidades 0145
Discovery Hour 0245
Iniciativa 0400
Sociiedade Civil 0530
Euronews
 SIC
0700 Floribella 0830 Sic
Kids 1100 Fatima 1300
News 1415 Eterna Magi
1445 O Profeta 1515
Contacto 1600 Film TBA
1800 Film TBA 2000 News
2215 Paraíso Tropical
2315 Vingança 0015 CSI
New York 0115 CSI Las
Vegas 0215 Film TBA
 TVI
0700 Diário Da Manhã 1000
Você na TV 1300 News
1400 Tarde de Julia 1700
Quem Quer Ganha 1800
Morangos Com Açúcar
2115 Ilha dos Amores 2215
Doce Fugitiva 2330 Tu e
Eu 0100 Escritório 0200
Cartaz das Artes 0230
Accidental Meeting, film
0445 Teleseles

Best of the Rest

BBC3
7.00 Young Mums' Mansion:
Friends and Family 7.30
Spendaholics 8.00 Dawn Gets
Naked 9.00 Young Mums'
Mansion 10.00 EastEnders
10.30 Sex - with Mum and Dad
11.25 Family Guy 11.50 Family
Guy 12.10 Pulling 12.40 Young
Mums' Mansion 1.40 Dawn Gets
Naked 2.35 Pulling 3.05 Sex -
with Mum and Dad 4.05 Young
Mums' Mansion: Friends and
Family 4.35 Close
 BBC4
7.00 World News Today 7.00
Weather 7.30 In Search of
Medieval Britain 8.00 Himalaya
with Michael Palin 9.00 Inside
the Medieval Mind 10.00
Crusades 10.50 Mad Men 11.35
Chinese School 12.35 In Search
of Medieval Britain 1.05 Inside
the Medieval Mind 2.05 The
Book Quiz 2.35 In Search of
Medieval Britain 3.05 Inside the
Medieval Mind 4.05 Close
 ITV2
1.00 Airline USA 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.45 Ricki
Lake 4.30 Sally Jessy Raphael
5.20 The Montel Williams Show
6.05 Judge Judy 7.00 Smallville
8.00 American Idol 9.00 Katie &
Peter: The Next Chapter 10.00
Gossip Girl 11.00 Supernatural
12.00 Entourage 12.30 The
Office: An American Workplace
1.00 Katie & Peter: The Next
Chapter 2.00 Entourage 2.30
The Office: An American
Workplace 3.00 Teleshopping
 Sky One
1.00 Cold Case 2.00 Angel 3.00
Stargate SG-1 4.00 Stargate
SG-1 5.00 Are You Smarter
Than a 10 Year Old? 6.00
Futurama 6.30 Malcolm in the

Middle 7.00 The Simpsons 7.30
The Simpsons 8.00 Project
Runway 9.00 Bones 10.00 Cold
Case 11.00 Night Gops 12.00
Stargate Atlantis 1.00 Road
Wars 1.55 Road Wars 2.50 Angel
3.45 Deadwood 4.40 America's
Dumbest Criminals 5.05 Bite
Size Brainiac 5.10 Guilty!
 UKTV Gold
1.00 Last of the Summer Wine
1.40 Keeping Up Appearances
2.20 Victoria Wood as Seen on
TV 3.00 dinnerladies 4.30 My
Family 4.20 Keeping Up
Appearances 5.00 Last of the
Summer Wine 5.40 dinnerladies
6.20 My Family 7.00 Porridge
7.40 Only Fools and Horses
8.20 Blackadder Goes Forth
9.00 Only Fools and Horses
10.15 The Royle Family 10.55
Blackadder Goes Forth 11.35
Blackadder Goes Forth 12.15
Only Fools and Horses 12.55
Film: Scary Movie 2 18 (2001)
2.25 The Royle Family 3.30
Blackadder Goes Forth 3.30
Close Up 3.40 The Bill 4.35
2point4 Children 5.05 As Time
Goes By 5.35 Neighbours
 TCM
1.00 Lorna Doone 2.00 Mark of
the Vampire PG (1935) 3.00
The Merry Widow U (1952) 4.50
The Main Attraction PG (1962)
6.25 Kelly's Heroes PG (1970)
9.00 The Jazz Singer PG (1980)
11.10 Sweet Bird of Youth 15
(1962) 1.15 The Younger
Brothers U (1949) 2.45 The
Wonderful World of the Brothers
Grimm U (1962) 5.00 Red Dust
U (1932)
 The Disney Channel
Kids' programmes from 7am,
except: 6.00 Film: Minutemen
PG (2008) Sci-fi comedy,
starring Jason Doherty.

Sky Movies Drama

6.10 Christmas on
Chestnut Street (2006)
7.45 Booky Makes Her
Mark U (2006) 9.25 A
Marriage of Convenience
PG (1998) 11.05
Hometown Legend PG
(2002) With Terry
O'Quinn. 12.55 Drama
Close Up 1.25
Confessions of an Ugly
Stepister U (2001) With
Stockard Channing. 3.00
American Mafia: From
Street to Screen: Post
Season 4.00 Swindle 15
(2002) With Tom
Sizemore. 5.40 The White
Countess PG (2005) With
Ralph Fiennes. 8.00
Pacific Heights 15 (1990)
With Michael Keaton. 9.45
United 93 15 (2006) With
Christian Clemenson.
11.45 The Ice Harvest 15
(2005) With John Cusack.
1.15 Angel Rodriguez 15
(2005) With Jonan
Everett. 2.45 The
Libertine 18 (2004) With
Johnny Depp. 4.45
Christmas on Chestnut
Street (2006)

Sky Movies Comedy

6.25 Carolina PG (2003)
8.10 Underfunded 12
(2006) 9.40 Flashbacks
of a Fool Special 9.55
Princess Caraboo PG
(1994) 11.40 Carolina PG
(2003) With Julia Stiles.
1.30 Scary Movie 4 15
(2006) With Anna Faris.

3.00 Rush Hour 12 (1998)
With Jackie Chan. 4.45
The Benchwarmers 12
(2006) With Rob
Schneider. 6.15 No Time
for Nuts 6.25 Ice Age:
The Meltdown U (2006)
With Ray Romano. 8.00
Scary Movie 4 15 (2006)
With Anna Faris. 9.30
Rush Hour 12 (1998) With
Jackie Chan. 11.15 The
Benchwarmers 12 (2006)
With Rob Schneider.
12.45 Underfunded 12
(2006) With Mather
Zickel. 2.15 Bull Durham
15 (1988) With Kevin
Costner. 4.15 Princess
Caraboo PG (1994)

Sky Movies Action

6.30 Fall into Darkness
15 (1996) 8.15 Captive
15 (1998) 10.05 Once
Upon a Time in the West
15 (1969) 12.55
Diplomatic Siege 15
(1999) With Tom
Berenger. 2.40
Bittersweet 15 (1999)
With Angie Everhart. 4.25
Once Upon a Time in the
West 15 (1969) With Henry
Fonda. 7.15 Diplomatic
Siege 15 (1999) With Tom
Berenger. 9.00 Double
Jeopardy 15 (1999) With
Ashley Judd. 10.50
Firewalk 12 (2006) With
Harrison Ford. 12.40
Double Jeopardy 15
(1999) With Ashley Judd.
2.30 Playing God 18
(1997) With David
Duchovny. 4.10
Flashbacks of a Fool
Special 4.30 Angel Flight
Down PG (1996)

Sky Sports 1

6.00 Live European Tour
Golf. The China Open. 10.00
Total Rugby 10.30 Boots 'n'
All 11.30 FIFA Futbol
Mundial 12.00 FA Youth Cup
Football 1.30 European Tour
Golf 5.30 The Rugby Club
7.00 Premier League World
12.30 Live Football Special.
Everton v Chelsea (Kick-
off 8.00pm). 10.15 Premier
League World 10.45 The
Rugby Club 12.15 Football
Special 1.45 Premier
League Darts 5.15 Premier
League World 5.45 Sky
Sports Classics

Sky Sports 2

6.00 Good Morning Sports
Fans 9.00 FA Youth Cup
Football 10.30 Sports
Adventure 11.00
Watersports World 12.00
Rally Fever 1.00 Beach
Cricket 3.00 Rally Fever
4.00 Boots 'n' All 5.00 High
Five 5.30 Netball 7.30 Live
Premier League Darts. From
Wembley Arena. 11.00 NFL:
Total Access 12.00 Beach
Cricket 2.00 Poker 4.00
NFL: Total Access 5.00 ATP
Tennis 5.30 Sports
Adventure

Sky Sports 3

6.00 Aerobics Oz Style 6.30
Sports Adventure 7.00
WWE: Experience 8.00
Watersports World 9.00
Transworld Sport 10.00
Rally Fever 11.00 High Five
11.30 Racing News 12.00
Women's Pool 1.00 NFL:
Total Access 2.00 Sports

Adventure 2.30 Irish

Greyhound Racing 3.00
Watersports World 4.00 Ten
Pin Bowling 5.00 WWE:
Heat 6.00 Race World 7.00
Beach Cricket 9.00 WWE:
Late Night - Raw 11.00
Extreme Championship
Wrestling 12.00 High Five
12.30 Women's Pool 1.30
Race World 2.30 Sports
Adventure 3.00 Women's
Pool 4.00 Close

British Eurosport

7.30 WATTS 8.00 French
Rugby 8.30 GP2 Racing 9.30
Weightlifting 11.00
Weightlifting 12.30 French
Rugby 1.00 ATP Tennis 2.00
Live ATP Tennis. The Estoril
Open. 3.45 Weightlifting
4.30 Live Weightlifting. The
European Championship.
5.00 Eurogoals 5.15 Live
Weightlifting. The European
Championship. 6.00
Strongest Man 7.00 Live
Weightlifting. The European
Championship. 9.00 Boxing
11.00 Fight Club 12.30
Close

Sky Sports Xtra

12.30 Irish Greyhound
Racing 1.00 Boots 'n' All
2.00 Total Rugby 2.30 FIFA
Futbol Mundial 3.00
Women's Pool 4.00 Sports
Adventure 4.30 NFL: Total
Access 5.30 ATP Tennis
6.00 Sports Adventure 6.30
High Five 7.00 Women's
Pool 8.00 Golf Night 10.00
Live Poker. Coverage of the
online Five-o tournament.
12.00 Netball 2.00 High Five
2.30 ATP Tennis 3.00 Close

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AVISO DE GARANTIA
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GARANTE O SEU
MOVIMENTO

BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Homes Under the Hammer. (R) (T) BBC News. Weather. (T) 11.00 Open House. (R) (T) 11.30 Cash in the Attic. (R) (T) BBC News. Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News. Weather. (T) 1.30 Regional News. Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis. Murder. (R) (T) 3.00 BBC News. Weather. Regional News. (T) 3.05 CBeebies: Space Pirates. (R) (T) 3.35 CBBC: Small Talk Diaries. (R) (T) 3.50 Eliot Kid. (T) 4.00 Thumb Wrestling Federation: TWFF. (R) (T) Thumb Wrestling Federation: TWFF. (R) (T) 4.10 The Basil Brush Show. (T) 4.35 The Slammer. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Quiz, hosted by Anne Robinson. (T) 6.00 BBC News. Weather. (T) 6.30 Regional News Programmes. Weather. (T) 6.55 Party Election Broadcast. By the Conservative Party. (T)

7.00 The ONE Show. (T) 7.30 Inside Out. Documentary series focusing on stories of interest to the region; (T) BBC News; Regional News. (T)

8.00 EastEnders. Steven's confusion over his night with Stacey leads to an embarrassing outburst at the club... and a surprising encounter afterwards. Roy and Dawn go head to head in the barmaid competition. Ricky finally reveals his situation to Pat, and Heather is nervous about the weigh-in. (T)

8.30 A Question of Sport. Olympic gold-medallist Mary Peters, former England football captain Terry Butcher, Ryder Cup winner Sam Torrance and Commonwealth swimming champion Sharon Davies join host Sue Barker and regular team captains Matt Dawson and Phil Tufnell in the light-hearted quick-fire quiz. (T)

9.00 Have I Got News for You. New series. Guest host Jack Dee joins regular team captains Paul Merton and Ian Hislop and invited panellists for the satirical current affairs quiz. (T)

9.30 My Family. Ben's attempt to pay money into his bank is thwarted when someone else tries to take some - out with the aid of sawn-off shotguns. Things look bleak for the hostages when he decides to act as a negotiator. Robert Lindsay stars, with a guest appearance from Pauline Quirke. (T)

10.00 BBC News at Ten O'Clock. (T) 10.25 Regional News. Weather. (T)

10.35 Friday Night with Jonathan Ross. The host is joined by EastEnders actress Patsy Palmer and Mackenzie Crook, star of The Office and Pirates of the Caribbean, who discusses his role in the new British film Three and Out. Ian Wright and Kirsty Gallagher, the co-presenters of Sky One's Gladiators, also drop in for a chat. Music is provided by Nick Cave & the Bad Seeds. (T)

11.35 The National Lottery EuroMillions Draw. Tim Vincent presents coverage of the National Lottery EuroMillions weekly draw. (T)

11.40 FILM: It's All Gone Pete Tong (2004). Premiere. Comedy drama, starring Paul Kaye; (T) Weatherview.

1.15 Sign Zone: Dan Cruickshank's Adventures in Architecture. (R) (T) 2.15 Sign Zone: Natural World. (R) (T) 3.05 BBC News 24.



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround; (T) The Owl. (R) (T) 7.30 Hider in the House. (R) (T) 8.30 CBeebies: Jackanory Junior. (R) (T) 8.45 Numberjacks. (R) (T) 9.05 Boogie Beebies. (R) (T) 9.15 Me Too! (R) (T) 9.35 Something Special. (R) (T) 9.50 Tweenies Safety Shorts. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Schools: The Magic Key. (T) 10.45 The Way Things Work. (T) 11.00 The Way Things Work. (T) 11.15 Tales From Europe. (T) 11.30 Watch. (T) 11.45 Something Special. (T) 12.00 Open Gardens. (R) (T) 12.30 Working Lunch. (T) 1.30 FILM: Back to Bataan (1945). World War Two adventure, starring John Wayne. (T) (bw) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook! (R) (T) 5.15 Escape to the Country. (R) (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Wildlife on Two. How crocodiles and alligators have survived through the ages. (R) (T) 7.30 Delta. Desserts made using ready-made ingredients. Last in series. (R) (T) 8.00 Gardeners' World. Monty Don embarks on a project to create a garden to wow the senses at Berrylfields, while Joe Swift takes his family to see the new allotment in London. (T) 9.00 The Apprentice: Motor Mouths. Clip show paying homage to memorable candidates. (T) 10.00 QI. With Alan Davies, Jimmy Carr, Phil Jupitus and Johnny Vegas. (R) (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Later with Joos Holland. (T) 12.35 FILM: Metropolitan (1990). Comedy, starring Edward Clements. (T) 2.10 Star Trek: The Next Generation. (R) (T) 2.55 Star Trek: The Next Generation. (R) (T) 3.40 Arrested Development. (R) (T) 4.05 Arrested Development. (R) (T) 4.25 Arrested Development. (R) (T) 4.50 Arrested Development. (R) (T) 5.10 Arrested Development. (R) (T) 5.30 Arrested Development. (R) (T) 5.55 Close.

Pick of the Day

Shark (five, 10pm)
The ever-watchable James Woods returns with a new run of the compelling US legal drama. In the first episode, no-nonsense lawyer Stark prosecutes Derek Markham, who's accused of murdering Tinseltown movie executive Glen Neiman and his wife. Everything seems to be going well until the prosecution's leading witness changes his story and denies seeing the defendant committing the crime. Although Stark's team are concerned, he's unphased: "By the time I'm done threatening this clown with perjury and obstruction of justice," he says, "he'll testify Markham was on the grassy knoll." However, things take an unusual turn when Stark's witness boards a shuttle bus outside the courtroom and becomes one of five people killed in an explosion. Stark soon changes his tune: "Now you can worry," he tells his colleagues. Thankfully he receives help from former DA Jessica Devlin. While gathering evidence on the bus explosion, he discovers the bomb was made using a type of grenade popular with the Russian mafia in Los Angeles, but he can't understand why the organisation would be involved in Markham's case. Things go from bad to worse when Stark gets news of another murder. Is the legal eagle in over his head? Jeri Ryan, Kevin Pollak and Ed O'Ross also star.

C4 FIVE

6.05 Making It. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.25 Frasier. (R) (T) 8.55 Will & Grace. (R) (T) 9.25 Friends. (R) (T) 9.55 The OC. (R) (T) 10.55 Smallville. (R) (T) 11.55 3 Minute Wonder: My Music. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.30 FILM: Madame X (1966). Melodrama, with Lana Turner. (R) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported World. The population crisis in Kenya. Last in series. (T) 8.00 A Place in the Sun: Home or Away. Highlights from the property search series. (T) 9.00 Dirty Sexy Money. Nick finds he has much in common with Simon, Tripp's nemesis. (T) 10.00 The Friday Night Project. Comedy entertainment show with Justin Lee Collins and Alan Carr, and celebrity co-host Geri Halliwell who is set a variety of tasks, beginning with an opening monologue. (T) 11.05 Balls of Steel. (T) 11.55 The Big Bang Theory. (R) (T) 12.25 4Music: 4Music Presents: The Kooks. (T) 12.55 4Music: JD Set Presents Cherry Ghost. (T) 1.10 4Music: Rockfeedback. 1.40 Afterworld. (T) 2.05 Abductees. (R) (T) 2.20 Goalissimo. 3.15 Transworld Sport. (R) (T) 4.10 Grudge Match. (R) (T) 4.25 St Elsewhere. (R) 5.20 Countdown. (R) (T)

6.00 Milkshake!: Oswald. (R) (T) 6.10 Hana's Helpline. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (T) 6.45 Fireman Sam. (R) (T) 7.00 Mio Mao. (R) (T) 7.05 Roary the Racing Car. (R) (T) 7.20 Rupert Bear. (R) (T) 7.30 The Mr Men Show. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Put Your Money Where Your House Is. (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.05 five news update. (T) 3.10 FILM: Danielle Steel's Remembrance (1996). Melodrama, starring Angie Dickinson. (T) 5.00 five news. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (R) (T) 7.00 five news. (T) 7.30 Animal Rescue Squad. Michaela Strachan helps rescue a caged dog in California, while vet Jason Atherton treats a falcon with a badly infected foot who may not be able to fly again. With Matt Baker; (T) 7.30 five news update. (T) 8.00 Pirate of the Caribbean: The True Story. The life of Henry Morgan; (R) (T) 8.00 five news at 9. 9.00 NCIS. A murder investigation proves complicated for McGee. (T) 10.00 Shark. New series of the legal drama, starring James Woods. (R) (T) 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 Quiz Call. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1515
Portugal no Coração 1800
Portugal em Directo 1905 O
Prego Certo 2000 Teleales
2100 Contra 2130 Sabe Mais
que um Miúdo de 10 anos? 2230
Sexta, à Noite 0100 A Nightmare
on Elm Street Part 4: The Dream
Master 0400 Teleales
RTP2
0700 EuroNews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 da Terra
ao Mar 1600 National
Geographic 1700 Zig Zag 1830
A Fé dos Homens 1900 A Alma
e a Gente 1945 zig Zag 2045
Friends 2115 National
Geographic 2200 News 2245
O amor no Alasca 2330
Comunetary Hour 0030 Noites
da 2 0115 Sempre em Pé 0215
Palco 0330 Sociedade Civil 0500
Euronews
SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Eterna Magi 1445 American
Prince: JFK JR Story, film 1600
Micky and me, film 1800 Bee
Season, film 1900 Ganhar é
Que se Gente Se Entende 2000
News 2115 Chiquititas 2215
Paraíso Tropical 2315 Vingança
0015 CSI Las Vegas 0415 Cake,
film
TVI
0700 Diário Da Manhã 1000
Voz na TV 1300 News 1400
Mundialito de Futebol de Praia
1700 Quem Quer Ganha 1745
Morangos com Açúcar - Férias
de Verão 2000 News 2115
Euromihões 2130 Ilha dos
Amores 2215 Doce Fugitiva
2330 Tu e Eu 0030 King Ralph,
film

Best of the Rest

BBC3
7.00 Top Gear 8.00 The Most
Annoying Pop Songs We Hate
to Love 9.00 Doctor Who 9.50
Doctor Who Confidential 10.00
EastEnders 10.30 Young Mums'
Mansion: Changed My Life 11.30
Family Guy 11.55 Family Guy
12.20 Gavin & Stacey 12.45
The Most Annoying Pop Songs
We Hate to Love 1.40 Young
Mums' Mansion: Changed My
Life 2.40 Gavin & Stacey 3.10
EastEnders: Ricky and Bianca
4.05 The Real Hustle 4.35 Close
BBC4
7.00 World News Today 7.00
Weather 7.30 Chopin Etudes
7.35 The Creation by Haydn at
the Barbican 9.30 Amazing
Journey: The Story of the Who
11.30 The Avengers 12.20 The
Who - BBC Electric Proms 1.10
Pop Britannia 2.10 The Creation
by Haydn at the Barbican 4.05
Close
ITV2
1.30 The Jeremy Kyle Show
2.35 The Jeremy Kyle Show
3.45 Ricki Lake 4.30 Sally Jessy
Raphael 5.20 The Montel
Williams Show 6.10 Movies Now
6.20 Judge Judy 6.45 Smallville
7.45 Britain's Got Talent 9.00
American Idol 10.00 Katie &
Peter: The Next Chapter 11.00
Keith Lemon's Very Brilliant
World Tour 11.30 Coronation
Street 12.00 Coronation Street
12.30 Film: Empire 15 (2002)
2.20 Teleshopping 5.20 ITV2
Nightscreen
Sky One
1.00 Cold Case 2.00 Angel 3.00
Stargate SG-1 4.00 Stargate
SG-1 5.00 Are You Smarter
Than a 10 Year Old? 6.00
Futurama 6.30 Malcolm in the
Middle 7.00 The Simpsons 7.30

The Simpsons 8.00 Are You
Smarter Than a 10 Year Old?
9.00 Ross Kemp in Afghanistan
10.00 Film: Primal Doubt 15
(2007) 11.35 Battlestar
Galactica 1.25 Stargate
Atlantis 2.20 Angel 3.15
Deadwood 4.15 America's
Dumbest Criminals 4.45
America's Dumbest Criminals
5.05 Bite Size Brainiac 5.10
Guilty!
UKTV Gold
1.00 Last of the Summer Wine
1.40 Keeping Up Appearances
2.20 The Two Ronnies 3.00 Open
All Hours 3.40 My Family 4.20
Keeping Up Appearances 5.00
Last of the Summer Wine 5.40
Open All Hours 6.20 My Family
7.00 New Tricks 8.00 Dancing
with the Stars 9.30 Dancing
with the Stars 10.30 Film: Scary
Movie 2 11.20 (2001) 12.00 The
Vicar of Dibley's Top 40 Moments
2.05 Film: Doctor Who and the
Daleks U (1965) 3.25 Close Up
3.35 The Bill 4.45 Close Up 4.35
2point4 Children 5.05 As Time
Goes By 5.35 Neighbours
TCM
1.00 The Light in the Piazza PG
(1962) 3.00 On the Town U
(1949) 4.50 The Ice Pirates PG
(1984) 6.30 Mrs Soffel PG (1984)
8.30 The Screening Room 9.00
Dead Calm 15 (1988) 10.45
Slither 15 (1973) 12.30 Pennies
from Heaven 12 (1981) 2.25
Cimarron PG (1960) 5.00 Honky
Tonk U (1941)
The Disney Channel
Kids' programmes from 7am,
except: 6.00 Film: Treasure
Planet U (2002) Sci-fi animation,
with the voice of Joseph Gordon-
Levitt. 9.30 Film: Go Figure U
(2005) Teen movie, starring
Jordan Hinson.

MOVIES

Sky Movies Drama
6.15 One Special Night PG
(1999) 7.50 A Thousand Acres
15 (1997) 9.40 Saving Milly PG
(2005) 11.10 Flashbacks of a
Fool Special 11.25 Nixon 15
(1995) With Anthony Hopkins.
2.40 Prefontaine 15 (1997) With
Jared Leto. 4.35 Columbo: Grand
Deceptions PG (1989) With Peter
Falk. 6.15 Something New PG
(2006) With Sanaa Lathan. 8.00
Notes on a Scandal 15 (2006)
With Judi Dench. 9.45
Hollywoodland 15 (2006) With
Adrien Brody. 11.55 Derailed 15
(2005) With Jennifer Aniston.
1.55 Lord of War 15 (2005) With
Nicolas Cage. 4.05 Drama Close
Up 4.35 One Special Night PG
(1999)

Sky Movies Action
6.05 Alone with a Stranger 15
(1999) 7.50 A Clean Kill 15
(1999) 9.25 Flashbacks of a
Fool Special 9.45 The Pawn 15
(1998) 11.20 Legionnaire 15
(1998) With Jean-Claude Van
Damme. 1.10 Someone Is
Watching PG (2000) With
Stefanie Powers. 2.55
Switchback 15 (1997) With
Dennis Quaid. 4.55 Flashbacks
of a Fool Special 5.15 The Fast
and the Furious: Tokyo Drift 12
(2006) With Lucas Black. 7.15
Legionnaire 15 (1998) With Jean-
Claude Van Damme. 9.00 Tango
& Cash 18 (1989) With Sylvester
Stallone. 10.50 The Fast and
the Furious: Tokyo Drift 12
(2006) With Lucas Black. 12.40
Running Scared 18 (2006) With
Paul Walker. 2.45 Body of
Evidence 18 (1992) With
Madonna. 4.30 Slipstream PG
(1989)

Sky Movies Comedy
6.00 Milk 15 (1998) 7.45 Dr
Dolittle 3 PG (2006) 9.30 Comedy
Close Up 10.00 Smokey and the
Bandit III 15 (1983) 11.30 Dr
Dolittle 3 PG (2006) With Kyla
Pratt. 1.15 Because I Said So
12 (2007) With Diane Keaton.
3.05 Mr Bean's Holiday PG (2007)
With Rowan Atkinson. 4.45
Teenage Mutant Ninja Turtles II:
The Secret of the Ooze PG
(1991) With Paige Turco. 6.15
Because I Said So 12 (2007)
With Diane Keaton. 8.00 Mr

- (R)-repeat programme;
- (T)-programme with teletext subtitles;
- (S)-programme broadcast in stereo;
- (bw)-black and white.

SPORT

Sky Sports 1
6.00 Live European Tour Golf.
The China Open. 10.00 Sports
Adventure 10.30 Transworld
Sport 11.30 Premier League
World 12.00 Football Special
1.30 European Tour Golf 5.30
Premier League World 6.00
Big League Weekend 7.00
Premier League Preview 7.30
Live Irish Football. Glentoran
v Cliftonville (Kick-off
7.45pm). 10.00 Live Friday
Fight Night. Gary Woolcombe
v Ryan Rhodes. 12.00 Premier
League Preview 12.30 Irish
Football 2.00 Friday Fight
Night 4.00 Big League
Weekend 5.00 Premier League
Preview 5.30 World Sport

Sky Sports 2
6.00 Good Morning Sports
Fans 9.00 Premier League
Darts 12.30 Beach Cricket
2.30 Premier League Darts
6.00 Sports Adventure 6.30
High Five 7.00 World Sport
7.30 Golf Night 9.30 Premier
League Preview 10.00 Big
League Weekend 11.00 NFL:
Total Access 12.00 Beach
Cricket 2.00 Big League
Weekend 3.00 High Five 3.30
Irish Football 5.00 Sports
Adventure 5.30 High Five

Sky Sports 3
6.00 Aerobics Oz Style 6.30
Sports Adventure 7.00 WWE:
Raw 9.00 Football Special
10.30 Premier League World
11.00 High Five 11.30 Racing
News 12.00 Women's Pool
1.00 NFL: Total Access 2.00
Sports Adventure 2.30 High
Five 3.00 Netball 5.00 WWE:

Raw 7.00 Beach Cricket 9.00
Women's Pool 10.00 WWE:
Late Night - Smackdown 12.00
WWE: Late Night - Bottom
Line 1.00 Golf Night 3.00 World
Sport 3.30 Sports Adventure
4.00 Beach Cricket

British Eurosport
7.30 Rallying 8.00 Trial Bikes
8.30 Strongest Man 9.30
Weightlifting 11.00
Weightlifting 12.30 Trial Bikes
1.00 ATP Tennis 2.00 Live
ATP Tennis. The Estoril Open
quarter-finals. 3.45
Weightlifting 4.30 Live
Weightlifting. The European
Championship. 5.00
Eurogoals 5.15 Live
Weightlifting. The European
Championship. 6.00
Strongest Man 7.00 Live
Weightlifting. The European
Championship. 9.00 Showtime
Reality 9.45 Showtime Reality
10.45 Yoz Magazine 11.15
World Superbikes 12.15
Eurogoals 12.30 Close

Sky Sports Xtra
10.00 Netball 12.00 Race
World 1.00 ATP Tennis 1.30
The Rugby Club 3.00 Women's
Pool 4.00 Sports Adventure
4.30 High Five 5.00 NFL: Total
Access 6.00 Women's Pool
7.00 Tight Lines 8.00 NFL:
Total Access 9.00 Sports
Adventure 9.30 High Five
10.00 Tight Lines 11.00 Sports
Adventure 11.30 High Five
12.00 Women's Pool 1.00
Sports Adventure 1.30 High
Five 2.00 NFL: Total Access
3.00 Tight Lines 4.00 NFL:
Total Access 5.00 Women's
Pool

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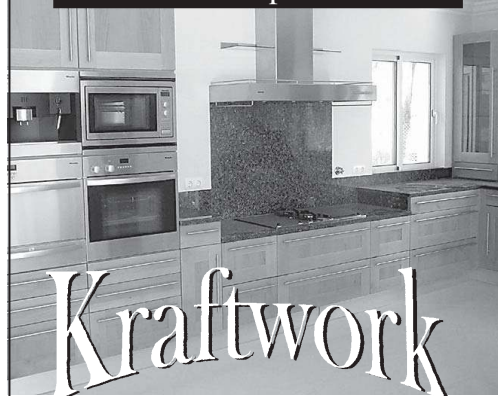


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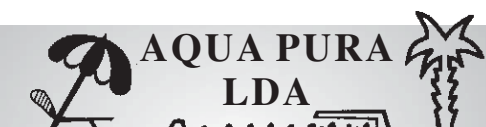
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Rua dos Navegantes, Catholic Services in English, Mass each Saturday at 6.30pm; Mass each Sunday and Holyday 12 noon Tel. 21 467 3771

ST MARIA, São Pedro do Estoril
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11.30am English worship service in the facilities of the Terceira Igreja Evangélica Baptista de Lisboa. Location: Rua Filipe Folque, 36, 1st Floor, 1050 Lisbon. Rev. Joseph Ian Momoh

BAPTIST MISSION - Esqueria (Aveiro)
Traditional Baptist church service in English on Sunday at 5pm. Contact: Pastor David Loop Tel. 965-363-986

GREATER GRACE WORLD OUTREACH
has Live (and archived) upbeat and inspiring Worship Services available for free viewing through their website www.ggw.org—the site also gives contact info for their ministries in northern and southern Portugal. Check it out and be blessed

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Office: Rua São José 178, 1.º, Fontainhas, 2750-134 Cascais, Phone: 21 483 6590, Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, N.º 80, Quinta do Junqueiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring and culturally relevant church meeting at ABLA in Carcavelos each Sunday at 9.00am in Portuguese and 11.00am in English. Creche, children and youth ministries provided.

THE DOOR Christian International Church - meets at Cidade Desportiva, Praceta Carlos Capitão, Loja "B" Massama / Queluz, every Sunday at 10.30am and 7.00pm; all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 God Bless! **CHAPELOST. PIUSX-PRIORADOS.PIU X**, Estrada de Chelas, 31, 1900 Lisboa. Tel. (21) 814 3591. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Alentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

ST GEORGE'S CHURCH, LISBON (Church of England). Rua S. Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Sunday School. Service 11.30 am every Sunday. Tel. 21.4692303.

ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30 am every Sunday. Tel. 21.4692303.

ST. MARY'S, S. PEDRO DO ESTORIL 368 Rua do Mural, Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Arriaga, 13, Lisbon: Sun. 11.00. Minister's Tel. 214 837 885, www.standrewslis.bon.com.sapo.pt

CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. de Sintra, N.º 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30. An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

THE SALVATION ARMY, LISBON
Reboleira Corps (Praceta, Almada Negro, Lote 213 Loja D1 do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A Loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 805708).

OPORTO PEREIRO CORPS (Av. Vasco da Gama No. 675-2 E Ramalde), Service 10am. Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntários; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

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Bahá'í Faith - Av. Ventura Terra, n.º 1, Cascais, Tel. 217590474, E-mail: gao@bahai.pt

IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 88, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10.15/Portuguese 12.00 Prayer and Bible Study: Thursday 8 PM Traditional Baptist Service in English followed by Sunday School.

JEHOVAH'S WITNESSES - Public Talk in English. Rua de João de Deus, 76. Sintra. (Behind Sintra train station). Sunday 3pm. Tel. 214 690 600. No collection.

JEHOVAH'S WITNESSES - Public Talk in English. Rua da Barroca, 122 (Bairro Alto), Lisbon, Saturday 6.30pm. Tel: 213 421 604. No collection.

CHURCH OF ENGLAND SERVICES St. Vincent's Anglican Church of the Algarve, Igreja Senhora de Fátima Holy Communion: 9.30 every Sunday. Info Rosie Baden-Powell 289 328302; St. Luke's, Monte da Palhaqueira, Gorjões. (Nr. Sta. Barbara) Holy Communion 11.30 a.m. every Sunday. Info Maxine Srivastava 917 267 948; Luz Senora da Luz Holy Communion: 12.00 every Sunday. Plus Children's Rainbow Club. Info: Joyce Daffey 282 788104.

ALL SAINTS ANGLICAN CHURCH, ALGARVE - Contemporary, Evangelical worship. Every Sunday Holy Communion with Creche and Adventurers. 10.30 am Community Centre, Almancil (ASCA - Associação Social e Cultural de Almancil). Details from 282 380311 or 282 101018 or see our website www.allsaintsalgarve.org. Also every Sunday Lagoa Convent Chapel 6.00 pm Evening Service (Details on our web site).

CENTRO CRISTÃO FONTE DE VIDA
Pentecostal Church, Sítio do Paul, Estrada do Sargaçal, Sargaçal 8600 Lagos.

Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fortevista.org

THE SALVATION ARMY in São Brás de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Brás at 5pm, Rua 25 de Abril, n.º 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English - 11am, at St. Lourenço Church - Almancil - 6.30pm, at Four Seasons Country Club - Quinta do Lago - Almancil. Further information, please contact the International Catholic Community of Almancil (Griselda Neto on 966168120 or Vitor on vgn@dompor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children, Av. 25 de Abril 17, R/C-D1 Portimão. Bible study on Tuesdays: 10.45 for 11 am at 'The Bridge' (A Ponte) in the Cedraia Shopping Centre near the church. Tel 282 461 985

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@livept.com

CHURCHINALJEZUR/VALE DETELHA. Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. Urbanização Vila Praia da Dona Ana, Lote 11 B, 8600 Lagos (50 metres from the Hotel Golfinho), Tel. 282-086804 or 282-697546.

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TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Cândido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966 380 404. E-mail: jackieandm@yahoo.co.uk

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ROMAN CATHOLIC ST. ANDREWS, PENINA
R.C. Mass in English every Saturday 6pm, St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459151

SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese, starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

EREB SHABAT - For services Tel: 282 416710

JEHOVAH'S WITNESSES - Public Talk in English. The New Kingdom Hall of Jehovah's Witnesses. 25 Largo Emgembouro Sarrea Prado, Portimão (Next door to the University). Saturday 4pm. Tel: 282 332 813. No collection.

JEHOVAH'S WITNESSES - Public Talk in English. Rua Bartolomeu Dias, Albufeira. (Next to the Junta da Freguesia). Sunday 1pm. Tel: 282 442 279. No collection.

Oporto

ENGLISH SERVICES IN OPORTO - GREATER GRACE now has contemporary worship in Porto as of 11/18: Featuring uplifting music and insightful Biblical teaching, our meetings take place in the Sala Grande at Hotel Peninsular, Rua Sá da Bandeira, 21 (behind the McDonald's in the Praça de Liberdade) while we continue our search for a permanent location. Service time is 16h (other service times are being considered for 2008). More information is available on www.nova.aurora.com, by email to nova.aurora@clix.pt or by calling 91 711 2736. We are also looking for reinforcements for our worship team, so come and meet us. More information about Greater Grace, including live and archived services, can be seen at www.ggw.org.

RIVERSIDE PORTO INTERNATIONAL CHURCH - Oporto. A church that is fun and enriching: Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 for more details. contact@riversideporto.com web site www.riversideporto.com

ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO

Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (282) 609 1006. www.stjamesporto.org

JEHOVAH'S WITNESSES - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH. At 6.00pm on the first Sunday of each month. Held in the Evangelical Baptist Church, Rua Dr. José Sautade e Silva 27/29 (between Caldas da Rainha Railway Station and 'Pingo Doce'). All welcome.



with Joyce Voelker

Believe

"But to all who believed him and accepted him, he gave the right to become children of God."

John 1:12

Bookstores today are filled with self-help books and do-it-yourself advice. Television personalities, newspaper columnists, and talk show hosts stroke our egos, telling us that nothing is beyond our reach. We can become whatever we want to be. Just let someone try to stop us or get in our way. It is no wonder that Jesus' simple invitation to put our faith and trust in Him, troubles so many people. "...whoever believes in Him shall not perish..." seems too simplistic in our modern day culture. Even those who claim to be students of the Bible can't seem to digest His clearly stated remedy for sin.

Believe and receive. It is difficult to swallow in our day of self-sufficient spiritual food. Salvation can't be that simple. Max Lucado sums up our do-it-yourself society well: "We gravitate toward other verbs. Work has a better ring to it. 'Whoever works for Him will be saved.' Satisfy fits nicely. 'Whoever satisfies Him will be saved. But believe? Shouldn't I do more?' Modern day society calls to us to do our part. You might be surprised, however, to learn that your grandmother's old adage, 'God helps those who help themselves'"

cannot be found in the Bible.

We would rather believe that we can fix ourselves, making up for our guilt with contributions, good deeds, or busyness. We seek to find salvation the old fashioned way: by earning it. *Believe in yourself* is easier to accept than *believe in Him*. We expect a more proactive assignment.

These objections to a simplistic gospel are not new. The simplicity of God's plan of salvation has troubled people for centuries. The religions leaders of Jesus' day uttered the same protests and sought to take Christ's life when He refused to alter His message and teach something more in line with their teachings. However, in contrast to the politically correct voices of His day, Jesus blazed a stand-alone trail and condemned self-salvation. He contradicted those who taught that human effort could save. He came for the sick and the weak, though the majority who heard Him preach were not willing to admit their deep need. We enter God's family, HIS way, by confessing our need, not by piling up a list of deeds and trophies. His Word offers a one of a kind invitation in which He works and we trust.

More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_god.page

"For if, when we were God's enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, shall we be saved through his life!" - Romans 5:10

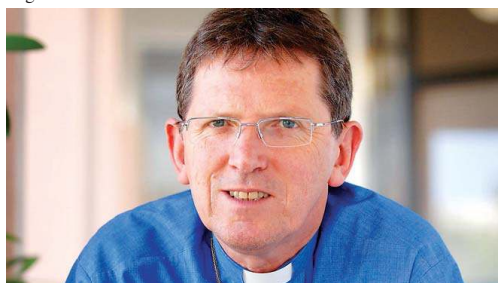


Farewell service for Rev'd Eric Britt

All Saints Anglican Church will be saying goodbye to their Priest at a special service on Sunday in Almancil at 10.30am. Bishop John Ellison is returning to the Algarve to take part in the commemoration which will include two baptisms.

Rev'd Eric, who announced his resignation last month, has been acknowledged as one of the best-known 'men of the cloth' in the Algarve. He left St. Vincent's

Chaplaincy after five years to take charge of All Saints Church in July 2006. In the following 20 months he built a thriving congregation and he will be greatly missed, not only by his parishioners, but also by the many people whose lives he has touched during his seven years in the Algarve. Eric and his wife Sue will be leaving the Algarve and returning to the UK in early June.



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Announcements

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CASA - WELL-KNOWN local social club (over 300 members) who raise money to help many needs in the area. Open to all, with a monthly newsletter of events and dinners (local venues for reasonable prices). Plus outings to interesting places in Portugal and Spain. Find out more by calling Mary 282 357 275.

INTERREGNUM - CHURCH has possible position for Anglican minister(s) holidaying or living in the Algarve during the next 6 months. Please call 917 240 123.

MAN WITH van going to UK April 23rd returning May 4th. Will take anything legal can take car caravan pets 282 357 837 or 919 020 249.

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CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

ABA CHARITY shop, Av. do Tennis, No. 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spraying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

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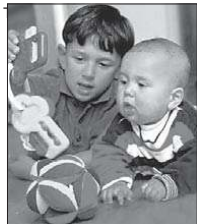
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For further details on location of Church and Sunday services (with Kidz Klub) & other activities and available courses at International Community Church, see web site www.icc-lagos.org or call 282 697 546 or 282 086 804.

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Algarve. WEEKLY MEETINGS: Mon.: Portimão 7.30pm. Tues.: Alcantarilha 1.00pm; Alcantarilha 6.30pm (Men's meeting); Albufeira 8.00pm. Wed.: Alcantarilha 7.30pm. Thurs.: Pêra 7.30pm; Tavira 7.30pm. Fri.: Alcantarilha 1.00pm; Portimão 7.30pm. Sat.: Alcantarilha 5.30pm. Call 919 005 590, 10.00-7.30pm. Portuguese AA 917 483 478. GSO Lisbon AA Tel.: 217 162 969.

ALCOHOLICS ANONYMOUS

New meeting in East Algarve, Tavira. English speaking meeting 7:30 Thurs. Largo Tavira de Pernambuco, Fracção B - Cave eq. Bloco 5, 8800 Tavira. Mobile 916 013 265.

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Algarve. WEEKLY MEETINGS: Mon.: Portimão 7.30pm. Tues.: Alcantarilha 1.00pm; Alcantarilha 6.30pm (Men's meeting); Albufeira 8.00pm. Wed.: Alcantarilha 7.30pm. Thurs.: Pêra 7.30pm; Tavira 7.30pm. Fri.: Alcantarilha 1.00pm; Portimão 7.30pm. Sat.: Alcantarilha 5.30pm. Call 919 005 590, 10.00-7.30pm. Portuguese AA 917 483 478. GSO Lisbon AA Tel.: 217 162 969.



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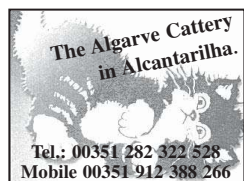
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FC Porto champions



FC Porto coach, Jesualdo Ferreira, celebrates the victory of the Portuguese Super Liga title after beating Estrela da Amadora 6-0 at the Dragão Stadium in Oporto last Saturday. FC Porto won the Portuguese first league title, although there are still five matches to play until the end of the championships. (Photo: Lusa / João Abreu Miranda)

FC Porto have won the Portuguese Super Liga title after hammering Estrela da Amadora 6-0, making it the earliest victory of the league in 35 years.

In the 1972/73 season, Benfica ensured their victory in the na-

tional league after winning 23 out of 23 games, with seven rounds left, but after that no other team has been able to mathematically win the season with more than four games to go. Jesualdo Ferreira's 'eleven' have made his-

tory, despite not being able to equal Benfica's achievement of 72/73 when they ended the season with 58 out of 60 possible points.

Despite their feat, FC Porto have not had a perfect run, although they have played some

quality football, with 20 victories, three draws and two defeats.

The Dragons have also been helped by the weak performances from the remaining two members of the Big Three, Benfica and Sporting.

Portuguese among the top paid sports figures

Former Chelsea manager José Mourinho is the best paid manager in the world for the third year running, despite being out of a job since last September, whilst Cristiano Ronaldo is in fourth place amongst footballers.

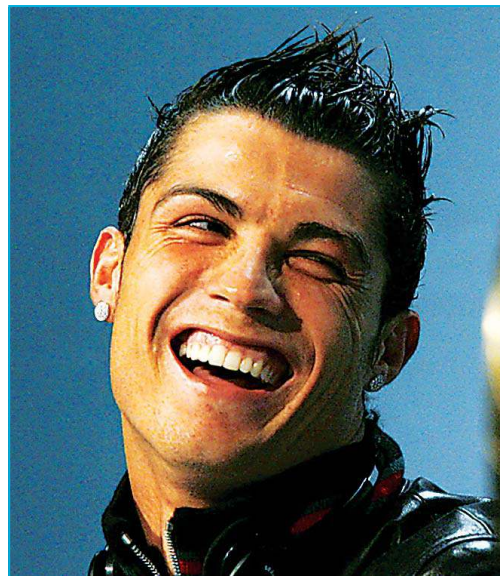
The Portuguese manager, who, in September, benefited a multi-million rescission clause from a contract with Chelsea, to whom he had been contracted until 2010, leads the table with €29 million in earnings for the past year.

Mourinho earned more than double what current England

coach Fabio Capello does (€14.2 million), and almost four times what Alex Ferguson of Manchester United brings in (€7.4 million).

The Special One's only competition, money wise, is David Beckham's €31 million contract with the American team Los Angeles Galaxy.

Cristiano Ronaldo, earning €19.5 million, is the fourth highest paid footballer in the world, still behind Ronaldinho (€24.1m) and Argentinean Lionel Messi (€23m), both from FC Barcelona.



Cristiano Ronaldo

Boavista players threaten to strike over wages



Boavista players are this week threatening that they will not play their next league fixture against Nacional this weekend unless the club pays their February, March and part of December's wages.

Boavista players issued a so-called pre-warning for industrial action before their game with Nacional at Boavista's Bessa Stadium, scheduled for 20th April.

The threat was made after a meeting with the President of the Professional Footballers' Union Joaquim Evangelista. If the strike goes

ahead, Boavista will be the first team in Portuguese football history, since its independence, to refuse to take to the field over outstanding wages.

This Saturday's game with Guimarães is 'safe', only because the pre-warning has to be sent to the Labour Courts with a warning of five working days.

But Joaquim Evangelista

said Boavista's situation is not the worst in Portugal's football leagues.

"The problem is that this is not an isolated case. Most professional clubs have salaries in arrears", claims the players' union chief.

He adds the only reason there are not more strikes is that not all clubs have a united

team like Boavista.

The first and only strike ever to be completed in Portugal was in May 1962 when Académica failed to show up to a game with Beira-Mar, in a demonstration of solidarity for the fight against the dictatorial regime started by Coimbra University's Academic Association.

Frenchman wins Open

Frenchman Gregory Bourdy has won the Portuguese Open after beating England's David Howell and Scot Alastair Forsyth in a play-off at the Oitavos Dunes course in Cascais.

Gregory Bourdy, who led from the first day, won at the third play-off hole to collect a cheque for 208,330 euros and his second win on the European Tour after claiming the Mallorca Classic last year.

Portugal drops to ninth

Portugal's recent 2-1 defeat against Greece took a position away for the national team in the FIFA rankings, which is now placed ninth.

On the other hand, Greece stepped up two positions and is now in eighth, a position occupied by Portugal for several months. It is the best ranking ever

attained by the Greeks, who are also the defending European champions.

Holland also dropped, and is now tenth. The leader board remains unchanged, Argentina first, Brazil second and Italy third.

Spain, Germany, Czech Republic and France occupy 4th, 5th, 6th and 7th respectively.

Real Madrid looking to train in Portugal

Spanish football giants Real Madrid are looking to spend a week in Portugal for off-season training, although the location is not yet known.

According to Spanish newspaper As, the pre-season training will be held in Austria, but the Galacticos are also thinking of spending a week in Portugal.

It seems only the players, who that know each other well, will be coming to Portugal, so a private game will be hard to arrange without all players present.

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